



# **The Enlightenment Process: A Guide to Embodied Spiritual Awakening (Revised and Expanded)**

*Judith Blackstone PhD*

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*The Enlightenment Process* describes the process of enlightenment as the gradual realization of our most subtle dimension of unified, all-pervasive consciousness. It also explains how we uncover our authentic selfhood and embodiment at the same time as we arrive at our spiritual oneness with other people, the world, and cosmos.

Using a set of simple but effective meditational and physical exercises for "subtle self" work, Judith Blackstone clearly and expertly indicates the way in which we can deepen our spiritual awareness, develop our capacity for contact with other people, and reconnect with the world. Her lifetime of experience in depth-psychology, bodywork, and Kundalini yoga gives this book a distinctive authority and clarity.

This revised and expanded version of *The Enlightenment Process* is an invaluable guide that will lead readers in navigating the confusing or conflicting teachings on enlightenment. It does this by giving a more comprehensive description of the enlightened state. Anyone who has already started on the spiritual path or has a background in psychotherapy will be able to appreciate *The Enlightenment Process* more fully as it is a significant contribution to our understanding of the more advanced stages of personal growth. Included in the book are 18 practical exercises that will assist readers on this path to self-awareness.

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