

Waking Up: Using Integral Deep Listening to Transform Your Life (Paperback)



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Reviews

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(Kiarra Schultz III)

WAKING UP: USING INTEGRAL DEEP LISTENING TO TRANSFORM YOUR LIFE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2012. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.You may know how to wake up; do you know how to stay awake? Most people who have mystical experiences quickly fall back asleep into the waking dreams of routine, habit, and culture. Integral Deep Listening is a dream yoga not of lucid dreaming but of lucid living, of waking up out of your life script, the Drama Triangle, and your cognitive distortions by finding and following your own inner compass. In the process you will learn to interpret any dream, end any nightmare, and access practical, powerful tools that you will not outgrow. You will learn how to access your own amazing inner potentials in the form of your dream characters and the personifications of your life issues. They will teach you how to use your breath to turn your life into a meditation to awaken into fearless confidence, a life of service and compassion, balance and wisdom, detachment and acceptance, freedom and inner peace, clarity and witnessing, whether awake or dreaming. Table of Contents Introduction Chapter 1: Why Aren't You Happier? Chapter 2: Who Are You-Really? Chapter 3: Getting to Know Your Delusions Chapter 4: How You Keep Yourself Stuck in Drama and How to Get Out Chapter 5: Setting Your Life Priorities-Why It Is So Important Chapter 6: Getting Rid of Your Cognitive Distortions Chapter 7: Learning to Assert Yourself Chapter 8: Finding and Following Your Inner Compass Chapter 9: Becoming Your Emerging Potentials Chapter 10: Problem Solving With Triangulation Chapter 11: Simple Meditation to Change Your Life Chapter 12: The Importance of Having a Statement of Intent Appendices Appendix 1: IDL Dream Interviewing Protocol Appendix 2: IDL Life Issue Interviewing...

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