



Wake Up Now: A Guide to the Journey of Spiritual Awakening

Stephan Bodian

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Stop sleepwalking through life. The secrets of peace and happiness are right in front of your eyes. It's time to open them.

To wake up to your authentic spiritual nature, you don't need to spend countless years sitting in a Zen monastery, undergo a near-death experience, or travel halfway around the world to study with celebrated teachers. Enlightenment is right here, right now. It is yours for the taking. You only have to open your eyes and recognize it once and for all.

In this illuminating book, acclaimed spiritual teacher Stephan Bodian takes you on a journey straight to the heart of your true self. The journey may be filled with challenges, but the rewards are precious beyond belief. By lifting the veil and seeing yourself for who you truly are, you can at last find peace and contentment in everything you do.

A profound and practical guidebook for this extraordinary journey, "Wake Up Now" gives you a step-by-step road map for walking the pathless path at every stage of your spiritual quest, from your first moments of seeking to your initial glimpse of awakening through the ongoing process of embodying your realization in everyday life. With gentle direction, free from complicated jargon or elaborate practices, Stephan Bodian provides you with the tools you need to follow your path, including customized Breathe and Reflect exercises in every chapter and Wake-Up Calls that offer you daily ways to glimpse the deeper truth behind the ordinary.

But be warned: The teachings in this book have the power to transform your life in unexpected ways. By the time you complete it, you may be forever changed."

Wake Up Now: A Guide to the Journey of Spiritual Awakening Details

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From Reader Review Wake Up Now: A Guide to the Journey of Spiritual Awakening for online ebook

Valerie Gangas says

"People who awaken often download an enormous amount of insight in a single instant and then spend years unpacking and clarifying what they've received." For people that have had the experience of awakening, this book will be a Godsend. It absolutely helped me understand my pathless path and inner thoughts. Stephan Bodian gets straight to the point with this super practical, yet powerful book. I loved it!

Jeni Goodrich says

I've read this book a few times. This is a framework to awakening through discussing multiple people's experiences. This book was helpful for me at the time I read it.

Justin says

I know Stephan, but, if I see him again, I will not tell him that I haven't bought his book. I am reading it at the New Age bookstore near my house. Hopefully, he does not mind that. He seems to have completely woken up to reality, so my copying his book shouldn't bug him.

It's a great description of waking up from this dream we seem to believe most of the time. My body vibrates when I read it. It is very subversive. He clearly states that dogmatic beliefs prevent clear seeing. He also clearly states that we can all realize our connection with the universe. I hold a dogmatic belief that he is right. Experience.

Lisette says

Simply a must read for the seeker.

Peter says

This book is outstanding. I nearly gave up on it after being somewhat unimpressed by the first chapter or two, but I'm very glad I kept with it.

Bodian is a good writer, but not the most poetic one. If you're a stickler for style and elegance, you will not be blown away here, but neither should you be disappointed. Just bear with him when he uses the occasional computer metaphor, OK?

Everyone's journey is different, so I can only say that for me personally, the points Bodian raised ring very true. It was reassuring to read him criticize New Age spirituality throughout the book; a part of me was worried it might contain a bunch of nonsense about "quantum consciousness" and suchlike. Whew.

"Wake Up Now" is written with sober honesty and a deep humility that make it refreshing to read. Additionally, there are exercises in every chapter to help bring hope the points being discussed.

Dharmandy says

Reading this book is like getting spiritual double kicks on the face. One of the best books I have ever read.

Zelda says

This is a very practical, hands-on book on the subject of enlightenment. I found that the further you go into the exercises, the more your understanding of the process of awakening grows. Whether you're new to the subject of self-realization or an expert seeker, you will find this book immensely useful and insightful. The book deals more with the pre-awakened state, although it also deals with what life is like as an awakened person. I found the writing clear and concise, which is so important when you're dealing with something that can become so confusing!

Brandon says

When awareness grows we become more aware of both positive and negative aspects in our lives. This book helps explain many of the negative patterns that people encounter on the spiritual path. The flow is approachable for people at all levels of the spiritual path.

Angela says

This is a fantastic book! I'll be reading it more than once.

Jer says

Take away dogmas. Ask yourself questions that can trigger states of awakening. Can I call this Spiritual Psychology?

Thx for the loan, Juan.

Peter says

Wake Up Now is a well written book that directs the reader to the truth (Dharma). It is clear that the words chosen by Stephan Bodian are from this place of truth, and that they are meant to cut through the conceptual,

identity-knowing layers that exist when one is trapped in ego and suffering. As such, the words powerfully direct you straight to the source, the awareness behind all of life.

An important aspect of the book is that it acknowledges being human and the potential that we all may carry strong emotional pain. Stephan offers insights into how to proceed past this so that one can truly, and wholeheartedly embody awakening.

It is a book that can be read and read again for those times when one is falling back into the story of ego.

Stephanie Barko says

"No technique or practice is required to awaken the truth of who you are."

Americans are so neurotic that they would not only effort their way to meditate but strive to be the BEST meditators, when no meditating is required at all. It's not about being a better person. It's about being present to what is.
