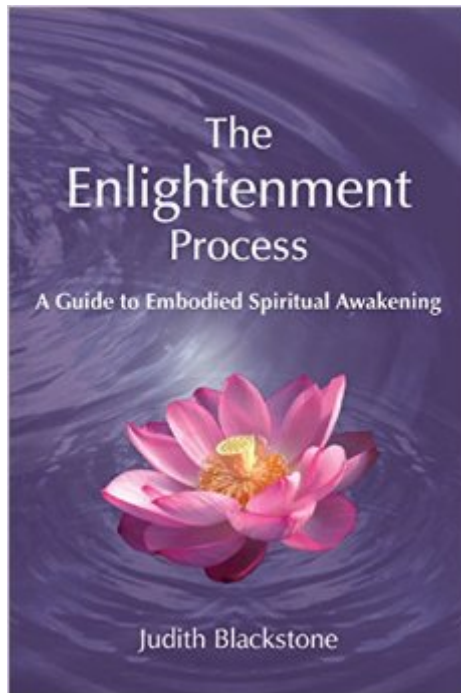


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# The Enlightenment Process: A Guide To Embodied Spiritual Awakening (Revised And Expanded)



## Synopsis

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.

## Book Information

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## Customer Reviews

I have been studying Buddhist teachings, Hindu teachings, Western psychology and esoteric psychology for over 30 years. I work professionally with individuals and groups assisting their psycho-emotional and spiritual development and awakening. I am not easily impressed these days unless a teaching or teacher is very deep, full of truth and clarity. Judith Blackstone just amazes me.

I am in awe with her clarity, her precision, her insight, compassion, and how much kindness she brings to the process of conscious embodiment, not denying the emotional or physical self in any way. If you are interested in a body-centered way of awakening, without denying the human self, I would say her work and teachings are some of the best on the planet, no exaggeration! So many nondual teachings overtly or subtly have the tendency toward dissociation from the human part of ourselves, moving away from our humanness into a so called higher aspect of being. Judith assists us in bringing our awakening directly into full embodiment; into our cognitive awareness, emotional awareness, and physical sensation - head, heart and abdominal area. This is the same as the three tan tiens of Chinese medicine and Taoist schools. Again, I highly recommend her work.

Thank you Ms. Blackstone for such refreshingly clear, non-religious and undogmatic writing on the fullness of human potential! If you have felt confused about what enlightenment is, and how to journey towards the flowering of consciousness, this is an invaluable guide. Ms. Blackstone does a great job busting myths and misconceptions about our human birthright to live in full consciousness, independent of religious beliefs. Her background as a psychotherapist, and as one who has traveled the spiritual path herself grounds the book in practical, no nonsense reality, rather than new age myths. If you only read one book on this subject, make it this one, and give all of us the gift of your unfolding. Karin H. Leonard, [innerevolution.com](http://innerevolution.com)

What can I say? This is such an amazing book that one scarcely believes it actually exists. Blackstone, a former dancer, combines and distills key elements of energy and body work into an easy-to-read book with a full punch. How to gain access to one's energy, how to clean it up, how to allow it to permeate the entire spectrum of one's aliveness? It's all in here. The one problem with the book is that once everything is written as concisely and persuasively as here, once one is given simple, almost intuitively obvious exercises, the excuse not to do them evaporates.

After reading hundreds of books during the last 30 years and being involved in many different approaches I must say, this is the only book which is able to provide a bridge towards the actual experience of Enlightenment. Other paths will do that as well in their own time, but this one is the most direct and fast way. Thank you Judith Blackstone!

As I would read a paragraph, I found myself saying "Uh, huh." Then I would reread the same paragraph and say, "Oh." Then I would read the paragraph one more time and then say, "Ohhhhh."

I find this book interesting and insightful, but I don't think it would be very useful to anyone who is not serious about finding their true Self. Kudos, Judith, for laying down stepping stones for my journey.

An amazing book. Clearly explains enlightenment by someone that is actually experiencing it, rather than by someone explaining it based on what his/her teacher said or some particular tradition says. And gives you the knowledge to work on it for yourself! If you are on the path, this book is a must.

By the title alone, I was expecting a book about a guide to enlightenment. Instead I read a story that was difficult to follow. I am also partial because I am not a fan of authors that try to explain techniques that worked for them, and make it seem that they will work for you. This was a well written book, but a hard read.

Happiness is being at peace with oneself. "The Enlightenment Process: A Guide to Embodied Spiritual Awakening" is now in a newly revised edition to help those who are lost in the world to find themselves. With methods to help readers discover enlightenment and get in touch with their consciousness, "The Enlightenment Process" is the ideal guide for those seeking to reach the ultimate goal of spiritual oneness. Highly recommended for community library spirituality collections.

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