



Radical Awareness: 5 Practices for a Fully Engaged Life

Catherine Dowling

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Experience a profound engagement with life through the transformational power of spiritual awakenings. Presenting a simple and safe system that can be applied to daily living, *Radical Awareness* shows you how to achieve the mystical state of oneness. Join author Catherine Dowling as she offers meditation techniques, hands-on exercises, and breathwork methods for enlightenment and expanded awareness.

Exploring five practices for turning everyday experiences into opportunities for spiritual growth, you will learn to move past fear and self-sabotage, break the bonds of anger, understand the expectations of others, honor your own values, and more. Grounded in the knowledge of ancient and contemporary world wisdom traditions, *Radical Awareness* is a down-to-earth, workable guide for living with passion, abundance, and serenity.

Praise:

“There is much learned and practiced wisdom here!”—Fr. Richard Rohr, author of *Falling Upward* and founder of the Center for Action and Contemplation

“When you’ve read this book you will understand what mysticism and spirituality are . . . Everyone will grow with [*Radical Awareness*], even the most experienced. It is a truly excellent book.”—Joy Manne, PhD, author of *Conscious Breathing in Everyday Life*



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