



Physical to Metaphysical in Four Steps and One Giant Leap (Hardback)

By Michael K Yen

Balboa Press, United States, 2017. Hardback. Condition: New. Language: English. Brand new Book. In this study of human consciousness, Dr. Michael Yen, a Jungian analyst, uses the concepts of C.G. Jung and the discoveries of quantum physics to write about physical reality and the "realm of the world we can't see" of nonmaterial reality. In the book, the author carefully lays out the four-step process (followed by one giant leap) that helps people separate themselves from their body, emotions, and thoughts in order to embrace the energy that consists of everything in the universe, leading to a chance to connect with one's true self. Using his own real life experiences, Dr. Yen describes how he learned to go from physical reality into the metaphysical ultimate reality. This book will appeal to readers who are interested in metaphysics and spirit-mind-body integration.



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Reviews

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