



## Contemporary Spirituality for an Evolving World: A Handbook for Conscious Evolution

By Nicolya Christi

Inner Traditions Bear and Company. Paperback. Book Condition: new. BRAND NEW, Contemporary Spirituality for an Evolving World: A Handbook for Conscious Evolution, Nicolya Christi, We are living in an unprecedented time of change, a new epoch with a new consciousness. We have reached Zero Point in our personal and collective consciousness and are now in a phase of accelerated conscious evolution and manifestation of personal and collective vision. As the current political, economic, and social systems begin to collapse, people are instinctively and intuitively reevaluating their lives and asking what has real meaning and value and what brings them true peace and happiness. Humanity is now poised to establish a unified, co-creative new world that reflects the evolved consciousness of awakened hearts and minds, of collaboration, and of peace. Presenting a guide for these auspicious times, Nicolya Christi offers psychological and spiritual tools to accelerate conscious and global evolution and initiate a New Consciousness for the post-December 21st, 2012, epoch. She gives an in-depth overview of religion and spirituality, both the old paradigm and the evolving new one, and explains how all trauma results from "empathic disconnection," which hinders our spiritual growth. She provides spiritual practices to manifest a meaningful...



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