



Being Consciousness Bliss: A Seeker's Guide

Astrid Fitzgerald

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Many people are looking for a deeper and richer spiritual life. They sense that there is more to their existence than the surface of life seems to offer, but they are confused and uncertain about where to look and how to begin.

Being Consciousness Bliss is a rich, profound, and eminently accessible compendium of wisdom that will help orient people toward a more fruitful spiritual search. Drawing on a dazzling array of sources, including the insights of G.I. Gurdjieff and P.D. Ouspensky as well as the spiritual traditions of the East, it gives a clear and compelling account of the true inner structure of the human being and how it may be developed to its full potential.

Part One discusses the current human condition ? the "sleep" of ordinary life ? and how a person may begin to wake up from it.

Part Two offers a feast of excerpts from the Perennial Philosophy ? the great wisdom tradition that underlies all cultures and religions ? to feed and nurture the growth of the soul.

Part Three provides simple ways to put these insights into practice in daily life.

Clear, sensible, and erudite, *Being Consciousness Bliss* is a resource, suitable for both beginners and advanced practitioners, to be used and treasured for many years.

"This is a feast of a book, spread out like a banquet of the freshest foods, served wholesomely, and presented artfully. Starting from a premise that "the aim of human life is to know who we are - to realize our Self, our true nature, and our identity with the Universal Self...", Fitzgerald's poetic and passionate prose awakens consciousness on a deep level. She helps us feel the Self, so we can begin to work with the Self. To complement her own inspired writing, she includes a section with words of wisdom from other sources, grouped by such intent as to examine suffering or to explore aspiration. In addition, there is a cornucopia of suggestions for practice, such as how to focus attention on a task, or how to listen to the sound of your own voice. Dotted with illustrations and charts to further clarify the text, this work is an invitation to a nourishing meal of self-awareness." ?**S.J.A.**, Managing Editor, NAPRA Review

"Following Aldous Huxley, Astrid Fitzgerald's tireless pursuit of an inner path is sure to awaken the heart to bliss and rouse spirit to behold." ?**David Appelbaum**, editor of *Parabola Magazine*

"This book is equal parts wisdom, beauty, and inspiration. Astrid Fitzgerald opens the insights of the ages for anyone to follow. Highly recommended." ?**Larry Dossey, M.D.**, author of *Healing Beyond the Body*, *Reinventing Medicine*, and *Healing Words*

"Astrid Fitzgerald's *Being Consciousness Bliss* is a well-researched, clearly written account of the essential teachings given by all the major wisdom traditions, which all teach that we are one human family." ? **Sri Swami Satchidananda**, Founder & Spiritual Head, Integral Yoga International /Satchidananda Ashram, Yogaville

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Playing with family in the park, coming to see the ocean world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try matter that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Being Consciousness Bliss: A Seeker's Guide, it is possible to enjoy both. It is good combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout people. What? Still don't get it, oh come on its called reading friends.

Arthur Pascual:

Being Consciousness Bliss: A Seeker's Guide can be one of your beginning books that are good idea. Many of us recommend that straight away because this book has good vocabulary which could increase your knowledge in vocabulary, easy to understand, bit entertaining but nevertheless delivering the information. The writer giving his/her effort to get every word into joy arrangement in writing Being Consciousness Bliss: A Seeker's Guide however doesn't forget the main position, giving the reader the hottest in addition to based confirm resource facts that maybe you can be one of it. This great information may drawn you into new stage of crucial thinking.

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