

GEORG FEUERSTEIN

A butterfly is shown in silhouette, flying from left to right across the middle of the frame. The background is a warm, orange-hued sunset or sunrise over a body of water. The sun is a bright, glowing orb on the left side, with its light reflecting as a vertical streak on the water's surface. The overall atmosphere is serene and spiritual.

LUCID WAKING

Mindfulness and the Spiritual
Potential of Humanity

Lucid Waking is a spiritual experience. I highly recommend it!
—Larry Dossey, M.D., author of *Prayer Is Good Medicine* and *Healing Words*

Lucid Waking Mindfulness And The Spiritual Potential Of Humanity

IM Harris



Lucid Waking Mindfulness And The Spiritual Potential Of Humanity:

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