

GEORG FEUERSTEIN

A butterfly is shown in flight, its wings spread, against a background of a sunset over water. The sun is a bright yellow orb on the left, with its light reflecting on the water's surface. The sky is a gradient of orange and red. The butterfly is positioned to the left of the title, appearing to fly towards the right.

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*

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