



# **YOU are THIS: Awakening to the Living Presence of Your Soul**

*J. M. Harrison*

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# YOU are THIS: Awakening to the Living Presence of Your Soul

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**YOU are THIS: Awakening to the Living Presence of Your Soul** J. M. Harrison

In this cutting edge new book, award winning author J.M. Harrison guides you to uncover the lost principle of consciousness, the authentic Soul you really are.

**WARNING:** YOU are THIS is not a beginners guide, but a book for experienced seekers.

Sharing unique tools and practices the author explains the meaning and purpose of synchronicity and intuition, the reality of spiritual seeking, the art of self-inquiry and more, as in clear and understandable terms you are guided to manifest an authentic Soul-filled life. Difficult issues and common problems are faced head on as you discover the truth about spiritual bypass, the art of non-avoidance, the grounding of spiritual experiences, the non-duality trap and the reality of awakening and enlightenment.

In this pioneering message of conscious evolution you will be introduced to a number of new words. These are designed to cut right through the habitual layers of the mind, cultivating a deep and lasting understanding as you learn to recognize, realize and actualize the authenticity of your Soul.

The consciousness of the Soul is the true forgotten principle of life, feeling, thought, and action in human beings.

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