



# **The Leap: The Psychology of Spiritual Awakening (An Eckhart Tolle Edition)**

*Steve Taylor*

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Many of us assume that enlightenment is the result of arduous effort ? intense meditation and self-denial, travel to far-flung places, encounters with teachers thought to be enlightened themselves. But in *The Leap*, psychologist Steve Taylor shows that ordinary people ? from all walks of life and every age and place ? can and do regularly "wake up" to a more intense reality, even if they know nothing about spiritual practices and paths. Taylor shows that spiritual awakening is much more common than we generally realize. He shows that this more expansive and harmonious state of being can be both recognized and cultivated. He also suggests that awakening may be a process that we are undergoing collectively. How is it triggered and experienced? What are its characteristics? Above all, Taylor reminds us that we don't have to join an ashram in a distant country to attain awakening but that we can find it where we are right now. Wakefulness is human beings' most natural state, and is accessible to us all.

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