



Perceptual Integration: The Mechanics of Awakening

Gary Sherman

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In *The Mechanics of Awakening* Gary Sherman takes us on a journey beyond ordinary perception to the field of energy and awareness beyond the mind and body, a place within each of us where we can discover the essence of ourselves and learn about our self from our self so that we can consciously create the life we wish to experience. With a clarity that is rare, the author distills three primary skills we can use to open the self and its mechanics to self-observation and expanded self-awareness. He provides a playful, simple yet profound practice for learning how to utilize these skills within our daily life so that we gain access to our inner life, our thoughts, feelings, beliefs and intuitive promptings, as well as entrance into the larger states of consciousness that support our very being.

Perceptual Integration: The Mechanics of Awakening Details

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Ellen Miller says

I loved this book, and continue to draw from my experience in reading it. I love going back to passages and finding some new meaning, new insights. Highly recommended. Perceptual Integration: The Mechanics of Awakening
