



Awakening Into Oneness

Arjuna Ardagh

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A fascinating discovery in southern India has caught the attention of spiritual teachers from every tradition, leaders from around the world, and millions more. It is the phenomenon called the Oneness Blessing (also known as *deeksha* in the East), a powerful transfer of energy believed to elicit the realization of unitive consciousness. *Awakening into Oneness: The Power of Blessing in the Evolution of Consciousness* tells the remarkable story of this radical new gateway to personal and global transformation.

Arjuna Ardagh shares dozens of firsthand accounts of the Oneness Blessing's life-changing effects on individuals from all over the world, from the mystical children who first experienced it nearly two decades ago to its continuing exploration at the Oneness University under the guidance of esteemed teachers Sri Bhagavan and his wife, Sri Amma. The Blessing is something few will be able to ignore in the years ahead, Ardagh writes. It has proven to be the fastest growing spiritual development in living memory.

Join him in this exciting investigation of:

- The most common effects of the Oneness Blessing, from reduced mental chatter and heightened awareness to effortless peace and the cessation of unwanted habits
- The five major criticisms aimed at the Oneness movement
- Why anything, when fully experienced, can be recognized as pure joy and bliss
- Enlightenment as a specific threshold of neurological functioning

What is it about the Oneness Blessing that has ignited the hearts of so many? You'll find the answer here, in *Awakening into Oneness*.

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