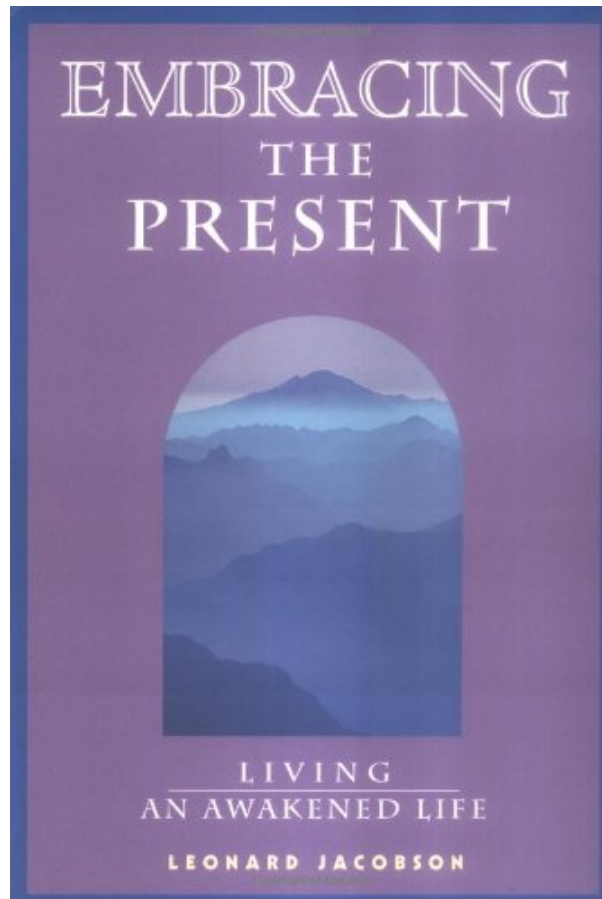


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Leonard Jacobson is a modern mystic and spiritual teacher who is deeply committed to guiding and supporting others in their journey towards wholeness. He was born in Melbourne, Australia in 1944. He was educated at the University of Melbourne, graduating in law in 1969. He practiced law until 1979 and then set off on a long journey of spiritual discovery which took him all over the world, from the United States to the Middle East, India and Japan. In 1981, he experienced the first of a series of spontaneous mystical awakenings that profoundly altered his perception of life, truth and reality. Each of these experiences took him to deeper and deeper levels of consciousness. He has been running workshops and retreats for the past 16 years, offering inspiration and guidance to those on a path of awakeniong. His teachings and his Presence are a powerful reminder that the source of life and truth is within each one of us. He now lives in the USA and offers workshops and retreats in various locations around the country.

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In this book, the author shares how to become and remain fully present in the moment. He offers clear guidance on side-stepping the traps and limitations of the mind and ego, overcoming destructive patterns and beliefs learned in early childhood, and releasing anger fear, pain, guilt, and limiting patterns of judgement and control. No verbiage is wasted in these simple and concise passages. Every word leads to the same end. To bring the reader into the realization of the awakened state of Being, where one lives fully present in the moment The author shares many valuable insights on how to integrate awakened higher consciousness into every day living. This book touches readers deeply.

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The Real Deal

By A Customer

Leonard Jacobson's writing reminds me of a friends observation - "People with knowledge write books. People with wisdom write poetry". Leonard has wisdom. Most pages have short paragraphs that carry an essential truth in a digestible form. If you like Ekhardt Tolle' you ought to read this. It's clearer and somehow

communicates deeper.

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We all know that there is an inevitable contradiction in trying to live in the present moment. Because trying involves some extent of dissatisfaction of the present state, the moment we try to do anything, we cease to live in the present moment. Although I have no doubt that this book, along with many other books that are designed to help us live in the present moment was written with the best of intentions, there is no way around this contradiction. The most writers, teachers, and leaders can do is help people become more aware of their own experiences and hope they are ready for such a transformation in their consciousness. This book is indeed a book that helps us do this (if we are at the right stage). If you are reading this review, you are most likely interested in this material and perhaps you are interested in it because you are ready for such a transformation (or perhaps not). If you truly feel in your heart that this book is right for you at this time, it may help you transform your life. If it does not feel right, I might recommend "The Ever-Transcending Spirit" by Toru Sato since it speaks to a wider range of developmental stages. Sato's fascinating book is quite revolutionary and it might change your understanding of life quite radically so be warned if you decide to read it.

70 of 71 people found the following review helpful.

I loved this book.

By catherin.murphy@bender.com

I caught the tail end of a radio interview with the author talking about this book. I thought it would be one of those "stop and smell the roses" numbers. It was that, but soooo much more. The author shares what he learned while going through a series spiritual "awakenings". The core concept he emphasizes is the importance of embracing the present: being in the moment as opposed to obsessing about the past or imagining the future where fear, neediness, anger, expectation and hurt reside. He explains that there is peace and love in the present. He also writes about control, the fear of being alone, relationships, judgement and the roles they play in our lives. As I was reading this book, I was reminded of a Zen saying that I had heard once, "When the student is ready, the teachers will come". I feel stronger, calmer and more centered as a result of reading and adopting the concepts in this book. I was really searching for that in my life. O! ne cool thing is that this book seems to speak to that part of you that already knows the truth, but is usually ignored once "reason" and reaction take over.

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