



Awakening the World Within (Cultivating Essence) (Volume 1)

Dawn Richerson

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When we dare to awaken, risking the inward journey to the very essence of our being, worlds of wonder open to us. Awakening the World Within invites us into an exploration of what it means to cultivate essence from the matrix of soul. Readers are invited into a journey of the soul, awakening to the Essential Self by exploring core passages through SEEDS practices and questions. We begin from the center stillpoint of all creation that resides at our core, connecting deeply and often. We find our bearings, listening for the music of our souls. reorienting our lives to what is most essential and grounding in the Essential Truth of who we are. WHAT YOU'LL FIND INSIDE * Core passages with specific pathways for coming to LIFE and Living In Full Expression. Each core passage reflects a particular way forward, supporting soul restoration at the individual level so that we can create sustainable systems for flourishing humanity * An Introduction to SEEDS Practices - Soulful Exploration for the Essential Discovery of the Self * Thoughts and reflection from the author's SEEDS journal * Essential Quest-ions for your own SEEDS journaling practice to support you as you explore each of the life action pathways shared

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