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“Have You Been Introduced To The Future Of Personal and Professional Development?”

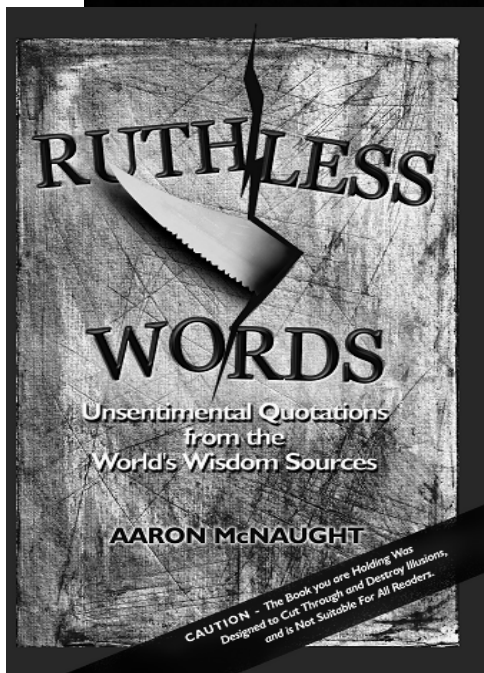
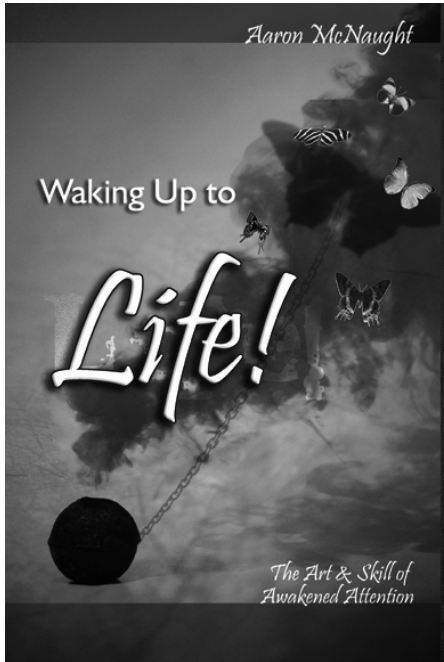


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Educators, Managers, Entrepreneurs, Leaders... Your Attention Please!

Do You Know Why *Attention Training* Is Found At The Root of ALL The World's Wisdom Traditions?

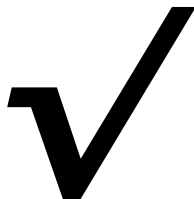
The fact that the world's greatest philosophers, teachers, explorers, and leaders dedicated themselves to cultivating the countless gifts afforded by Attention Training or, **Awakened Attention** should tell us something. Read the words of the west's most brilliant psychologist and philosopher, William James:

"The faculty of voluntarily bringing back a wandering attention over and over again, is the very root of judgment, character, and will. An education which should improve this faculty would be the education par excellence."

Awakened Attention IS that education par excellence! With it comes clarity, focus, mental and emotional stability, maturity, freedom and wisdom. Without it, you are half awake and half alive, living out patterns of speech and action in a personal dream-world of your mind. As his seminar participants are SHOCKED and ASTONISHED to find out, *Awakened Attention* is one simple skill that will enhance your effectiveness, efficiency and inner wisdom. **Introducing:**

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Awakened Attention will give you:



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- ◆ Rock solid emotional stability and unshakable peace ...
- ◆ Awakened leadership and charismatic communication ...
- ◆ Deep masculine presence and energetic feminine radiance ...
- ◆ Fiery passion and enlivened sexual confidence ...
- ◆ The keys to maturity, responsiveness, and non-reactivity ...
- ◆ Spontaneous gratitude, humor, and compassion ...
- ◆ Skills for determining your life purpose and direction...
- ◆ The capacity to tap into YOUR OWN innate, natural wisdom...
- ◆ A chance to cut through your delusions and false beliefs...
- ◆ The ability to silence your mind, just by LOOKING at it...
- ◆ THE one, foundational skill of ALL the deep spiritual traditions...
- ◆ And much more...

**To find out more, get Aaron's new Special Report:
The #1 Most Important (Secret) Skill In Personal and Professional
Development Is Revealed Here. Have You Been Left Behind?**

Go to www.wakinguptolife.com and get it now for FREE.

A Provocative Author and Speaker Issues a Harsh Wake Up Call For a Sleeping Western World

Attention Training expert, Aaron McNaught, author of, "Waking Up to Life!: The Art & Skill of Awakened Attention," addresses readers suffering from attention deficit, distractibility, an over-active mind, and information overload, offering a new vision of life, as well as the tools to get there.

Red Deer, Alberta (PRWEB) January 3, 2007 -- In our fast paced, multi-tasking, always-on society, it is difficult to maintain attention to our present experience for more than a moment. With continuous demands being placed on our attention, from our environment, our own busy minds, as well as from various forms of media such as cell phones, Internet, and Blackberries, it's little wonder there is such a buzz about an 'Attention Deficit Crisis.' This form of Attention Deficit is not a disorder per se, but instead the state of mind that many otherwise highly functioning, 'normal' individuals are complaining of. This state of mind is characterized by distractibility, incessant mental chatter and a lack of focus, clarity and concentration.

When McNaught, author of "Waking Up to Life!: The Art & Skill of Awakened Attention," set out to discover the source of his own suffering almost 16 years ago, it led him to what he sees as the common root of many of the world's wisdom traditions. After exploring many of the world's philosophies, Aaron says that despite their differences, "there is a basic consensus that one of the primary causes of suffering is weak attention, prone to becoming lost in mental activity that is neither useful nor reality based. In short, we live in a dream-world of the mind."

This understanding led McNaught to initiate various forms of what he calls 'Attention Training,' techniques utilized to cultivate a strong, stable and energetic attention. After several years of practice in formal and informal settings, McNaught concluded that Attention Training is the single most important inner technology available today.

Says McNaught, "It's strange how forms of Attention Training are unanimously acknowledged by the eastern wisdom traditions as an obvious key to happiness and freedom from suffering, yet here in the west we seem to be skeptical of the whole idea. Maybe when we can see it under a microscope or buy it in a pill form, people will sit up and take notice."

McNaught suggests that Attention Training can rapidly improve ones life in a multitude of subtle, as well as dramatic ways, but in his seminars and workshops, he usually focuses on five key areas.

1. Attention Training leads to a deeper connection to our life as it's happening. When attention is energetic, there is a strong connection to our immediate experience. With increased focus and concentration we can remain alert to what is going on around us and our lives regain meaning, purpose and richness.
2. Attention Training leads to decreased suffering caused by incessant, white noise-like self talk. Strong, stable attention puts a halt to the automatic inner commentary that causes anxiety, negativity and agitation.
3. Attention Training leads to increased enjoyment of life's simple pleasures. Strong, stable attention allows us to experience the peace and contentment of our basic day to day activities such as cleaning, eating, bathing, etc.

4. Attention Training leads to decreased reactivity that often leads to outbursts of anger, aggression and violence. When attention is energetic, there is a detached quality to experience, which allows us to remain emotionally mature and non-reactive.

5. Attention Training provides access to the wisdom that is found beneath the surface of the busy mind. When attention is strong, we have the capacity to act from our deeper understandings, rather than our shallow, reactive mind.

This is just the start though. McNaught claims that for the last several years, he has been asking a revealing question of seminar participants. The answer to that question highlights the severity of our society's attention deficit problems. The question?

"Does anyone here 'sleep-drive'?"

Says McNaught, "There is always an uncomfortable chuckle that comes from that question, but I have never met a single person who denies consistently driving a car at high speeds while their attention was elsewhere. One hundred percent of those I have surveyed admit to driving a car while routinely lost in daydreams or distracted by cell phones, stereos or talking with the passengers. Most speak of being absent or in a daydream, much of their driving time."

According to McNaught, most people admit to not only being absent while driving, but also while engaged in almost all other activities of their day to day life. This leads many to quickly see that, between being asleep with their eyes closed in bed and being asleep with their eyes open in their day to day life, they are almost completely absent from their actual life as it is happening.

McNaught admits to outright rejection of many western approaches to working with the mind. "We seem to understand that we suffer from negative thinking, but mistakenly believe that happiness consists of reprogramming the mind with positive thinking. Programming means habitual and automatic. A person may be more comfortable with programmed positive thoughts, but thoughts are only thoughts and a long way away from reality, even if they make you feel good. Self talk is for children and sleeping adults."

Never being one to shy away from controversy, McNaught admits to a provocative tone in his teachings and writings. "I have always appreciated teachers that have a humorously harsh edge to their offerings, because it seems to me that sugar coating dilutes the power of the message. I suppose I have acquired that harsh edge honestly enough, and people seem to get it."

McNaught ends on a somewhat ominous note: "It doesn't take much looking to see the mess this world is in. Consumerism, materialism, addiction, despoliation, self-gratification and obsession. These are the driving forces behind our way of life. It isn't pretty, but to wake up from this nightmare requires a loud, rude wake up call. When you are awake and your eyes are really open, it's a completely different way of life."

About the author:

Aaron McNaught is the owner of **Aaron McNaught Education/Consultations**, an Alberta based business providing seminars, workshops and consultations to individuals and businesses interested in going far beyond average personal and professional development.

Aaron lives in Red Deer, Alberta, Canada. He has just finished work on his third book, "**Ruthless Words: Unsentimental Quotations From The World's Wisdom Sources.**"

What Is Awakened Attention?

(From the Website www.wakinguptolife.com)

You are living in an increasingly complex world. You are faced with decisions every moment while being bombarded with information. Combine this with your familial, financial, cultural, recreational, and social demands, and the pressure can be detrimental. One of the most common results of your attempts to meet these expectations is an increase in the amount of time you spend in your own mind, thinking, imagining, analyzing, remembering, planning, hoping, and regretting. This would not be such a problem were it not for the severity of the situation.

We as human beings have become compulsive thinkers, 'thought junkies' mesmerized by our own mental chatter and emotional dramas that seldom have anything to do with reality. To put it quite simply, we do not use our minds; we are lost in our minds. This is the dis-ease of our modern times, and nearly everyone has it.

When we are lost in our minds, we are vulnerable to:

- * Mental and emotional reactivity (anger/violence/abuse)
- * Addiction (drug/alcohol/sex)
- * Stress (anxiety/guilt/fear)
- * Low self-esteem (negative self-talk/pessimism/apathy)
- * Lost relationships (poor communications/reactivity/carelessness)
- * Ineffectiveness (lack of clarity/lack of concentration/poor decision making/carelessness)

"Attention is the most
basic form of love"
~ John Tarrant

There are many words used to describe an individual that suffers from the effects of attending to compulsive mental activity: Asleep, lost, dreaming, autopilot, hypnotized, and robotic to list a few of the kinder ones. The more technically correct term is 'unconscious'. Unconscious means 'lacking in awareness', and it is this 'lacking in awareness' that can be traced to the roots of much of the world's confusion, fear and suffering. We lack the ability to attend to our present situation with awareness and clarity, here and now, free of the useless habitual mental activity outlined above. Instead, we are immersed in our own mental activity, lost in inner chatter, opinions, beliefs, misinterpretations, analysis, and judgments. We live in a fantasyland made up of thoughts, memories, self-talk, and imaginings. This is the Human Condition, north and south, east and west.

While I have no wish to completely vilify the mind and ignore the enormous benefits humanity derives from mental activity, the long-term effects of these subtle and debilitating forms of suffering I've outlined above are enormous and far-reaching. But ...

But what happens when you begin to question this way of being?

What happens when you begin to look at your Life with clarity and precision? What happens when the mind stops moving, you allow yourself to become still, and connect with the bare actuality of your Life? What happens then?

These questions are my deepest interest, and it is my greatest gift to be able to assist you to explore these questions, as well as their implications to your Life. It is my understanding that nothing can make a bigger difference in this world than remedying the unconsciousness of which I describe. It is also my understanding that waking up is the one prerequisite to ALL other efforts toward change, healing, and growth.

Awakened Attention is:

- * Intensely energetic and alert, never lost in experience.
- * Aware of what's happening, without becoming over-involved, or over-reactive.
- * The remedy for the unnecessary suffering outlined above.
- * Immediate and responsive, fluid and spontaneous, open and alive!
- * Awake to Life as it's unfolding, right this moment NOW!

* * *

You will never be happy if you continue to search
for what happiness consists of.
You will never live if you are looking
for the meaning of life. ~ *Albert Camus*

The Meaning of Life? **(From the Book: *Waking Up to Life!*)**

The idea of the meaning of Life is a very interesting one. Human beings are not born with an innate knowing of why we exist and there is no guide provided.

What is *The Meaning of Life*?

The question is actually a veiled assumption that presupposes there necessarily is 'A' meaning of Life. The question burdens Life with the responsibility of having an innate meaning. Does there have to be one? What is the meaning of a sunset? Autumn? Sorrow? What is the meaning of this moment now?

When the fruitless search for 'The' meaning of Life is abandoned, it frees Life to be intensely meaning-full as it unfolds and appears. There is no need to pose absolutes upon Life.

When the search for 'The' meaning of Life is abandoned, the searcher also relaxes and uncoils. It is seen that the activity of searching only serves to chase something that is believed to exist somewhere and some-when, other than here and now. The activity of looking for meaning is discovered to serve only to move you away from Life as it is happening, here and now.

Life, as it is happening, is intensely meaning-full, saturated and voluptuous, writhing and splaying, birthing and decaying, a mass of frenzied activity and spaciousness, burgeoning with meaning, which is realized by flowing through the many layers of meaning that are all around you, but are only available for those with the eyes to see.

Attention Training, The Spectrum of Satisfaction and Beyond.

(From the Weblog: Life With Awakened Attention)

In my book, *Waking Up to Life!* I outline a very long list of benefits derived from Attention Training, ranging from practical and life enhancing, to beyond practical and life enhancing.

Since writing the book, I have re-entered my own Attention Training practices with renewed gusto and energy. What I have discovered (or re-discovered) is startling.

For example, did you know that when you develop the capacity to anchor your attention to your breath for even brief periods, contentment and emotional stability (i.e. maturity) is the rapid result?

What's more, if you persist for longer periods, your contentment becomes happiness.

Beyond that, your happiness becomes joy, pleasure and eventually... bliss!

Now I am not talking about new-agey kinda stuff. I am talking about over five thousand years of experiments that were conducted by countless brilliant explorers that have gone before us. These experiments took place in an inner lab, using the tools of Attention Training.

These people did not lose their mind, they went beyond their mind. If that sounds strange, then you have just found another example of how out of touch we are here in the west.

Let me put this as simply as I can:

First, when attention stabilizes and is energetically focused like a laser, the body and mind settle down.

Second, when attention is allowed to rest for extended periods, while stable and focused like a laser, experience moves through a spectrum, from contentment, to satisfaction, to happiness, to joy, to bliss.

What's more, these experiences are unconditional, in that they are not caused by external circumstances or determined by the events of your life situation. (To use an extreme example, you can experience this in a dirt dungeon the same as in your cozy bed).

Finally, when attention is expanded while remaining stable and energized, the nature of your experience and who you really are in your depths becomes glaringly obvious.

As I sit at my computer and type these words, the most obvious part of my experience is one of radiance in the center of my chest, because that is where my attention is rooted.

What's the most obvious part of your experience right now?

Is It Time For You To Get Serious?

An Invitation To The Path of Understanding

I've now lived long enough, suffered enough, survived enough adventures, and helped enough other clueless people get a clue or, '*understand*'... that I can safely say everyone has a handful of moments in their life that shape who they are and how their life will unfold.

Most of my own life-changing moments involved some sort of crisis or problem.

People raised with a silver spoon in their yap seldom develop that fire-in-the-gut, pain induced curiosity necessary to look closely at who they are and what life is. However, being in pain does not necessarily produce a life-changing moment. Many suffer while embedding themselves deeper and deeper into the muck and mire of personal patterns, dramas and sleep induced insanity.

Heck, most folks seem content to slog through their entire existence sleepwalking on autopilot. Their idea of "stepping outside the rat-race" is to dream about winning the lottery. I doubt very many of these magical thinkers are on my mailing list, though. So I think it's safe to assume that you will get what I'm about to share regarding "life changing moments".

Here is what I'm talking about: There are certain decisions required of the person who yearns for more. The moment you realize that no one is gonna give you anything... and that simply wishing and hoping to suddenly *understand your life*, is futile... you are ripe for falling from the proverbial tree of banality. (I made up, 'the tree of banality', so it's hardly proverbial!)

If you truly crave a *deep understanding* beyond what you're experiencing now... you are eventually gonna have to take a step. You can't start any journey without taking that first step and even a simple action like taking a first step can be monstrous, especially if that step is off a cliff. Most people never take that first step.

A turning point in my life occurred when I realized I could only go so far... on my own. I needed to step off that cliff. I needed help. I needed some personal mentoring.

So I made the decision to seek out people who knew what I didn't know yet... and learn from them. Finding those people was difficult, because there weren't many seminars on '*how to understand what is really real*' at the time. It was like searching for a needle in a haystack (and not even being clear on where the haystack was in the first place.) However, finding a mentor was not an actual "problem". It was just a task.

The BIG moment... was making that decision to **go after additional education via a mentor.**

You never forget moments like that. One second before your mind "clicks", you are the same old person you've been for years. Then, a second AFTER that decision, you are someone new. It's like breathing deep after a lifetime of clenched, shallow breathing. Or like turning on a light after stumbling around in the dark for years.

The adventure starts the moment you take that step.

Mentoring was critical to my success. Much of my *understanding* would NOT have come my way without mentoring. I may have had a nice little life as a professional, step-dad, son, brother, human being, whatever... but I may have never tasted the joys of *deep understanding*. This is

true of every single person I know of, who has broken the code on **understanding**, wisdom and freedom. They struggled, yes... but they also eagerly sought out teachers who could shortcut the process. Every - single - person - I - know. **Mentoring is THAT important.**

If you are hovering around your own “life changing” moment of decision... wondering where you should turn to start your own big adventure... then I want to be absolutely positive I’ve done all I can to alert you to the opportunity I’ve created here.

You may have seen a private email from my office about this, or read about it in the Wake Up Calls newsletter, or heard about it from a friend. Maybe you’ve met me and could tell I am to some degree beyond you, awake.

If you’re ready to get serious about taking your life off “hold”, and starting the adventure that will define who you are and what you will accomplish for the rest of your days... then you **MUST** check this opportunity out... **I am willing to mentor you, IF you want a better life.**

It’s okay not to “want” a better life. You may be content already. Or, like most folks, you may be too terrified of change, and have such a weak heart that new opportunities really would challenge your health. There are all kinds of very excellent reasons why you don’t want anything new to happen in your life. Only you know if that itch deep inside is serious or not.

Personally, I can tell you that taking the path of **understanding** is a blast that never stops invigorating your life. No matter how much you believe things suck now, the facts are these:

We live in a world of sleepwalkers, in a society of mediocrity, where there is little desire for **understanding**, only a hope for some relief and comfort between fixes of pleasure and inevitable pain. (I won’t even touch on the whole, 'impending death' thing here)

And yet... yet... the world is a vast feast... even though most people are starving for a clue. I am inviting you to step up to the smorgasbord of life.... and feast. **Feast on your life.**

I’m not talking about mindless consumption and shallow gluttony here. I talking about feasting on your own deep life experience... your own fleeting chance to really live the one life you have, right NOW!

A whole new, more exciting and magical life awaits your decision to pursue it. And if you believe you can learn from me, the opportunity is here. I have no idea how long I’ll keep these mentoring programs open. But they’re available right now... if you’re ready to make a decision.

I cherish those moments of change I’ve experienced. Once I realized I had to step off the cliff — because **nothing happens without that step** — it all fell into place. We only get one go-round in life. You’ll never get yesterday back to replay... and tomorrow is a blank reel of film, waiting for you to wake up enough to write the script.

And damn, but it’s FUN when you finally **understand** who you are and how life works. **Understanding is ALL.** You ready to step off that cliff?

If it’s your time, then congratulations. I invite you to **call me at 403.302.2523 so we can discuss your decision.** My availability is quite limited these days, unless you are a client. Then it’s wide open to you. I’ll be waiting at the bottom of that cliff, and **together we will feast upon life.**

Aaron

Read what they're saying about *Waking Up to Life!*

The Art & Skill of Awakened Attention

*If you are looking for something new and **powerful**, this is it. This unique marriage of Eastern philosophy and Western teachings delivers a **profound** message.*

~ Cathy Fenwick, Author of Healing With Humour

*I thank you from the bottom of my heart, Aaron, for making my Life once again **shine**. 'Waking Up to Life' made me truly believe that for the first time in months, I could and would 'Wake Up' again. ~ Frankie O'Hagan*

*Aaron speaks with a **clarity** and **depth** that is as **precious** as it is rare. Pulling words from awareness and sharing them with the willing, an encounter with Aaron can be life changing. My highest recommendations. ~ Marlin Marynick R.P.N.*

*Aaron McNaught speaks with a **passion** and understanding that **captivates** you. An afternoon at one of his seminars is like stepping onto the road you always knew would lead you home. His teachings are profound and will cause you to look at everything in your life - including the very core of who you are - in a **whole new way**. Time spent with Aaron is time well invested in your Life. His book, *Waking Up to Life!*, is a must read - over and over and over. ~ Judy Andrekson*

*Aaron's approach to life is one of **constant wonder**. No matter what the circumstances, the wonder of it all is foremost. His approach is one of de-mystifying mysticism, distilling the ancient wisdoms, stripping them of dogma and making them **applicable** to everyday life. He will guide you to a place where you can experience the wonder for yourself.*

~ Patrick Molloy

*Aaron has a knack for helping diverse groups of people understand present moment awareness. I have seen him conduct workshops with people struggling with mental health and addictions, inmates within the correctional system dedicated to **improve** their lives, and with children learning more about meditation and prayer. Angry young men in particular seem to relate to Aaron's approach and through it seem more open to investigating **spiritual truths**. ~ Tania Nordli M.D.*

*Aaron has an easy way of teaching, **enlightening** and **empowering**, that is like no other. It's all so simple that a person should figure it out themselves, and yet, once it's pointed out, one will probably never live life quite the same again! I am a better person for the **knowledge** given to me and am truly **blessed** to have come across his teachings.*

~ Sheri Brons

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Transformational Speaker, Aaron McNaught

Aaron has risen from the depths of despair with a message that goes beyond hope, motivation or inspiration. After sixteen years of self examination, exploration and education, Aaron is on a mission to de-mystify mysticism and destroy the myths surrounding personal and professional development.

Says Aaron, "We are now entering a completely new time of personal and professional development. Yesterdays narrow view points are being consumed by today's vast visions. We are re-defining what it means to be a living human beings, and re-evaluating our divisions between our personal, interpersonal, private and professional lives. These are amazingly transformative times!"

- Aaron has studied, taught and lived Eastern and Western approaches to Life, healing and development for sixteen years. In that time, he has had the opportunity to share his understanding with thousands of others through a variety of forums including workshops, private consultations and written publications.
- A Transformational Speaker, Aaron helps people wake up to who they truly are - beyond names, stories and beliefs - through the demonstration of Awakened Attention, presence and perspective.
- A Certified Hypno-Therapist, Aaron specializes in 'De-Hypnosis.' 'De-Hypnosis' means waking up to free ourselves from the suffering we create while we are 'asleep', or unconscious and lost in mental/emotional patterns such as negative thinking, anxiety, physical tension, anger, self talk and resistance.
- A practicing Registered Psychiatric Nurse since 1995, Aaron has twelve years experience as a mental health professional. Mental/emotional health, illness and prevention are topics of Aaron's expertise.
- An experienced consultant and coach, Aaron offers effective approaches to life exploration, personal and professional development, and far beyond.
- A published author, Aaron has just finished work on his second book, Waking Up to Life! The Art & Skill of Awakened Attention, and third book, Ruthless Words: Unsentimental Quotations From The World's Wisdom Sources. He is now developing a variety of intensely transformative personal development CDs and tapes.
- Aaron offers services suitable for clients at all stages of life, from those deeply wounded to those who feel integrated but would like to explore the next step of their evolution. If you are interested in recruiting Aaron's services or learning more about how Aaron can help you, your group or business, contact Aaron McNaught Education/Consultations now.



Transformational Speaker
Aaron McNaught

Awakened Attention for **learning**. Awakened Attention is **healing**. Awakened Attention for **joy**. Awakened Attention for **relationship**. Awakened Attention for **meaning**. Awakened Attention for **intimacy**. Awakened Attention for **Life**. Awakened Attention for **anger management**. Awakened Attention for **compassion**. Awakened Attention for **humor**. Awakened Attention for **patience**. Awakened Attention for **freedom**. Awakened Attention for **insight**. Awakened Attention for **depth**. Awakened Attention for **addiction recovery**. Awakened Attention for **Life**. Awakened Attention is **wise**. Awakened Attention is **sexy**. Awakened Attention for **silence**. Awakened Attention for **clarity**. Awakened Attention for **education**. Awakened Attention for **pleasure**. Awakened Attention for **speaking skills**. Awakened Attention for **spirituality**. Awakened Attention for **charisma**. Awakened

Psst...
You Awake?

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2. Sign up for Wake Up Calls:

Wake Up Calls is a harsh, instructive and amusing monthly e-zine, providing a variety of suggestions for living life with more attention, more wisdom, more joy.

Are you sleeping your life away? Join the newly committed to waking up, and begin a new way of life.

3. Get access to the rude Weblog, **Life With Awakened Attention**:

Be prepared for straight talk and brutal honesty! This is Hardcore Life Exploration, no-holds barred. Wear a helmet.

4. Check out the articles on a variety of timely, relevant topics.

Attention Training, Integral Practice, Transformational Speakers, Anger Management, Addiction, and perspectives and practices that will open your heart and still your mind.

5. Download excerpts from two new, life enhancing books:

Waking Up to *Life!* The Art & Skill of Awakened Attention and
Ruthless Words: Unsensational Quotations From The World's
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Psst...
You Awake?