



108 Discourses on Awakening (Essential Spiritual Training)

Mark Griffin

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These are excerpts taken from the teachings of Meditation Master Mark Griffin, relating concepts such as Shaktipat, the divine nature of breath and the alchemy a guru performs to help us transform into our realized Self. One of the important themes you will find throughout the book is that our human form is a gift that allows us to awaken to eternal possibilities we never imagined. Mark allows us to see our inherent divine nature and claim our universal inheritance, which is to merge with the ocean of love, or God, from which we all emanate. These verses cover concepts such as the nature of Kundalini, the architecture of the human form, the transformation process of awakening, meditation and the challenges of living a spiritual life. Each discourse is short enough to read as a daily inspiration, and deep enough to totally reset your thinking and understanding of life itself. This is volume 5 of the Essential Spiritual Training series from Hard Light Publishing.

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