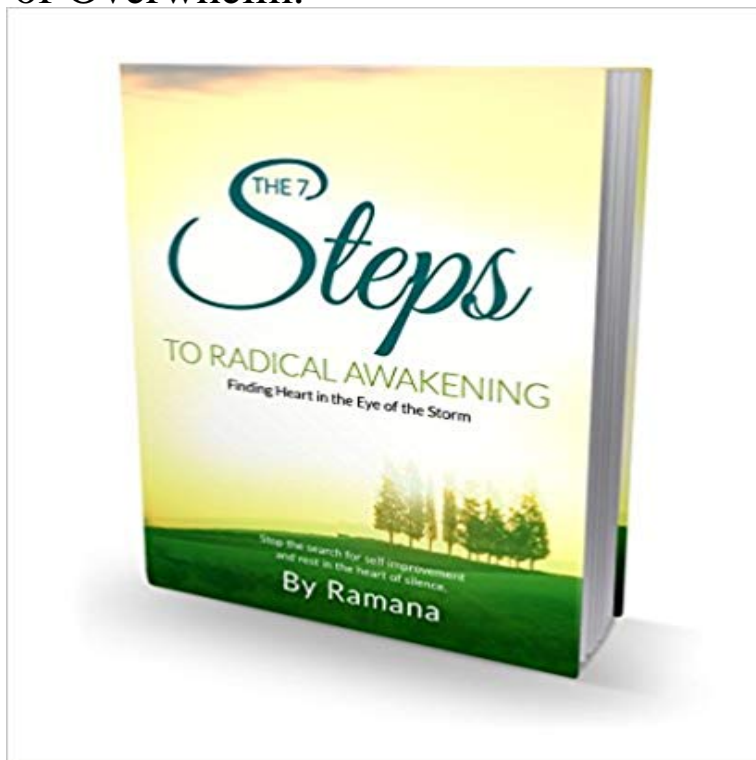


## The 7 Steps to Your Radical Awakening: Finding the Calm in the Storm of Overwhelm.



Overwhelm is the new normal. Now more than ever, people want to find authenticity, peace and spirit in their work and personal life. But who has the time? These days, people find it hard to carve out even 20 minutes a day for meditation, or create a few quiet minutes in their lives for contemplation and reflection. The 7 Steps to Radical Awakening brings an instantaneous, powerful shift of consciousness which transforms your ordinary awareness into an eyes-open, quiet and meditative state. Through the use of audio recordings, graphic support and written material, Ramana gives the reader/participant a direct experience of his 7 Steps to Radical Awakening that people receive in his \* 90 minute Radical Awakening private sessions. The consciousness of the Radically Awakened state deepens and continues seemingly on its own, through the process of life itself. Once the calm in the heart of the storm is identified, there is a natural tendency to be drawn into this center. Ramana also offers what he calls his toolbelt, of awareness exercises that help to keep centered in the most overwhelming and stressful experiences.

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