



The Ecstatic Journey: Walking the Mystical Path in Everyday Life

Sophy Burnham

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In this rich and deeply personal book, Sophy Burnham uses her own momentous journey into mystical awareness to show readers a contemporary path for experiencing divine energy, guidance, and inspiration. Historically, mystical experiences have been available to only a select few. But just as Sophy Burnham made angels accessible to contemporary readers, she now demystifies mysticism and shows the many different paths readers can follow in their everyday lives for powerful spiritual encounters.

Threaded through her own story, Burnham gives us scores of firsthand accounts of mystical encounters as recorded by ordinary people today, as well as by saints, seers, ecstasies, and holy men and women of every faith. Burnham insightfully and comfortingly shows how their journeys--and ours--are similar, sharing a subtle, unnamed longing; passing through various stages of prayer, introspection, and spiritual awareness; and opening into a single transformative moment of clarity and connection. In addition, Burnham delves into the physical side of mystical awareness, describes the age-old practices that invite mystical awareness, and points out the landmarks that one passes on this extraordinary spiritual journey.



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