

LIVING IN
CONSCIOUS
HARMONY

A
SPIRITUAL GUIDE
TO
BEING IN THE NOW

SULLINS STUART, M.A.

**Living in Conscious Harmony: A Spiritual Guide
to Being in the Now**

Sullins Stuart

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Spiritual teacher and author Sullins Stuart explains how we live most of our lives in a form of sleep induced by the ego. The ego is the cause of all problems and suffering. We lose sight of our true nature as spiritual beings when we let the ego dominate our decisions, actions, and lives. In order to awaken from our ego-induced slumber, we must make the effort to live in the Present, the eternal Now. Drawing from eastern and western religious and philosophical thought and his experience as a spiritual counselor and life coach, Stuart shows how living in the Present shatters the illusions of the ego to reveal the Truth. The Present is a mystical place where the divine will, peace, harmony, and unconditional love reign supreme. When we live in the Present we free ourselves from the ego's prison, engage the soul, and live in conscious harmony with God and the Universe. Part I discusses the fundamentals to being in the Now including the Four Levels of Consciousness, How to Live in the Now, and the personal and spiritual Benefits to Living in the Present. Part II covers such topics as Letting Go of Suffering, Overcoming Fear, The Power of Thought, The Law of Recurrence, Living Authentically, and Realizing Your Full Potential. In Part III, Stuart answers questions on Spiritual Awakening, Forgiveness, Compassion, and Regret. Living in Conscious Harmony offers concise, practical insight and spiritual wisdom that will inspire and assist you in your spiritual journey and desire for personal transformation.

Living in Conscious Harmony: A Spiritual Guide to Being in the Now Details

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Rich says

Never felt more "centered" in my life, or as the book would say "in the now." It was interesting to look at life a different way.

April Forker says

I won this book as a Goodreads giveaway. This is a short book and somewhat quick read but yet a very thought provoking read as well. One of the reasons that I was interested in this book was that I am in recovery from alcoholism and a huge part of the recovery program is taking life one day at a time and not obsessing so much about the future or the past. I related a lot of this book to my program of recovery. The Law of Recurrence really hit home and the author even mentions addition when giving examples of this Law. The discussion about being Ego driven as well as living in Fear are also huge in recovery discussions. I really enjoyed this book and it really made me think about trying to be more present in all areas of my life. I will probably read more books like this in the future to try to enrich my spirituality. Thanks goodreads for a "good read"!

Therese says

\$0.0

Ryan says

I won a First Reads copy of Sullins Stuart's book Living in Conscious Harmony. I couldn't have received it at a more appropriate time in my life.

Upon exploring my personal faith, I have recently come to the conclusion that I have a mixture of Western and Eastern influences. Put more clearly: I am Christian in faith and belief, infused with a distinctly Buddhist flavor. While I don't think this is a necessarily unique position, I hadn't quite read anything to this point that captured how I feel.

Stuart's book does this for me, although my philosophy tilts a little more Western, while his feels as if it tilts a little more Eastern. When he speaks of getting in tune with the God that we are each a part of, I translate it to being in communion with the Spirit who dwells in each of us. Perhaps this is a big difference, or perhaps with our limited understanding, this is little more than arguing semantics. None the less I found the book to be a great resource.

Stuart's main goal is to get the reader to concentrate on being in the present. I have realized recently that I not only struggle with this (as we all do), but it is also one of the things that I desire most. Before reading this

book, as part of overcoming depression I had added mindfulness to my toolkit. This book offers concise advice on how to achieve an awareness of the present. I will keep it handy as it has good insights both in its separate parts as in its entirety.

Perhaps my rating is skewed because of my agreement of Stuart's views, I don't know. It did feel as though he didn't give you all the "answers", but rather showed you how to find them. Maybe that is why I found the book so valuable.

Mikki Ibarra says

What a delightful book! I won this copy on Goodreads First Reads Giveaway and it's just wonderful. It has many Buddhist philosophies, but it takes it to a level which is easy to understand, easy to grasp and practice. Inspirational, enlightening, and also well written which is always a plus, I highly recommend it to anyone wanting to take their life to a higher level of spirituality.

? Gramy ? says

I won this book on Goodreads and I was glad that I did! Don't let the smaller size fool you. It is filled with many large truths. I identified with many of the concepts presented. Being reminded to live in the present helps assure that you keep your focus off the past. When you are looking at the past, you can easily miss what is in your present. I shared the book with my daughter who was so impressed with Stuart Sullins presentation and spiritual insights that she went to the local library to find his book entitled "Imagine Believe Become: Unlock Your Potential and Create the Life You Desire". We were disappointed to find that none of his books were available.

Deborah Lloyd says

This book is written in very clear, direct and understandable language. If you are looking for good direction in how to develop your spirituality, this book is a great choice. I especially liked Part III, the question and answer section.

Dorothy Hensel says

I am so glad I won a copy of this book. It really made me search my soul and it has helped bring peace into my life
