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Sojourns of the Soul: One Woman's Journey Around the World and into Her Truth

Dana Micucci

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Sojourns of the Soul differs from other inspirational travel books by providing a rare mix of in-depth wisdom and literary insights from the holistic view of one experienced female traveler. Dana Micucci gives a compelling account of her growing spiritual illumination through visits to some of the most sacred places on earth. Her lively, engaging narrative takes us to seven sites in all: the Australian outback, Angkor in Cambodia, the Valley of the Kings in Egypt, Lhasa in Tibet, Chichen Itza in the Yucatan; the Monastery of Christ in the Desert in New Mexico, and Machu Picchu in Peru.

Micucci links each visit with the awakening of a particular chakra- the chakras being the seven energy centers of the body associated in Hinduism with progressive enlightenment. In the afterword, she reflects on how her experiences continue to shape her life after resuming her career as a journalist in New York City: she finds she is more tolerant, can engage in daily activities with more heart-centered awareness, and can sustain states of joy and gratitude for longer periods of time.

The book will be a page turner for readers who yearn for long-delayed adventure, with the added benefit that it is not just a journey log but more of a seeker’s manual; travel is simply the vehicle. Readers will find that they don’t have to travel to far-flung places for the spiritual inspiration available in their everyday lives. As Micucci says, “Each day brings new remembrances of our divinity, of the Divine presence in all beings, and of our eternal connection to each other. I am so grateful to be here NOW . . . with you.

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