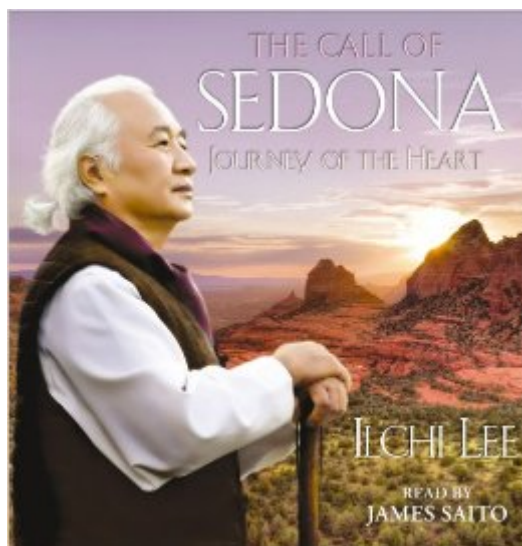


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# The Call Of Sedona: Journey Of The Heart



## Synopsis

This New York Times bestseller and word-of-mouth-phenomenon takes listeners on a journey through the magical landscape of Sedona, illuminating the path to self-discovery and opening listeners to a higher purpose and potentialâ” from one of the worldâ”s most renowned meditation teachers. Millions of people visit Sedona, Arizona each year, drawn by its amazing red rocks, striking sunsets, and sense of peace. But Sedona has much more to offer than its incredible beauty. It has a unique power to open peopleâ”s eyes to the magnificence of the Earth and their own souls, awakening their consciousness. Interweaving the profound tale of his own experiences in Sedona with practical advice on meditation and spirituality, Ichi Lee contends that each of us is a great life and a great soul; fulfilling our destiny is a matter of listening to oneâ”s inner voice and accepting its message. Â Â Â Â Using the meditations in *The Call of Sedona* anyone can achieve deep peace, happiness, and fulfillment by experiencing the true spirit of Sedonaâ” even from your own home. Join Lee on a journey of meditation in the best places in and around Sedona, and open yourself to the Sedona spirit. The destination? The most beautiful place of allâ” our authentic self.

## Book Information

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## Customer Reviews

Its such an inspiring book. A very easy read yet you are captivated by the author's story and vision. I have been to Sedona a few times but the author was able to see Sedona very differently and more grand than I can imagine. After reading this book I will be able to see Sedona again with different eyes. I was very inspired by the author's perseverance and hardships through his stories in the book that I want to apply them somehow in my everyday life as a normal human being with a

spiritual purpose. I am very grateful to meet with this book and meet with the author's mind.

The "Call of Sedona" written by Ilchi Lee is a treasure filled with beautiful depictions of Sedona and the nearby sacred mountains. Ilchi Lee's detailed knowledge of the area and mountains is truly remarkable, as I felt his deep connection to this sacred land. With his vivid narration the scene unfolded in front of my eyes so clearly that I felt I was on a "walkabout" with him while his wisdom poured out. The "Call of Sedona" is packed with precious insights. Ilchi Lee has taken me on an unforgettable spiritual journey revealing the purpose of my life and how to go about difficulties that I might encounter along the way. As we visited the Cathedral Rock, he described the energy around it as very mild and easy to absorb, and easily getting inside of ourselves by "just sitting quietly." Because this soft energy touches our body and mind like a mother's touch, it's a good place for releasing negative emotions or memories." His words echo in my mind....'It's only natural to experience times that are difficult and painful, no matter who you are. Those are times that anyone would feel tempted to give up on their dream...Why don't you think of it like this: If a hardship comes, an opportunity has come. The time of hardship is also a time when your mind and heart can expand and open. Great heart can be transformed into great energy. Don't be ashamed to cry....When you tell yourself, "its okay," your soul finds strength in those simple words...'I recommend this book as a guide not just to Sedona's sacred beauty but also as a guide to our souls awakening. "Call of Sedona" is a keepsake for years to come for it gently nudges us to open our hearts and realize our purpose of being on Earth at this precious moment in time. Marika Eckhardt, Houston, TX

When I finished reading the "Call of Sedona" I was transported back to the beauty of the landscape and the red rocks, and my feeling of a deep connection to the earth. The book describes the incredible beauty both of the physical and the spiritual nature of Sedona, and of ourselves. The book also lets us ponder deeper questions about ourselves and provides wonderfully guided meditations. When I first went to Sedona more than 20 years ago it was as a tourist, but more recently I visited and experienced a deeper connection to the earth and myself. If there is ever a book that calls you to Sedona, this is the one. Ilchi Lee describes the "draw" to Sedona as the "Sedona spirit." What is that spirit? He writes "Sedona doesn't just mean a land of red rocks...Sedona is a space of infinite creation in your heart, your greatest dream, and the most sacred moments of your life." I was inspired and moved by this book, and I recommend it to anyone wanting to feel a greater connection to the Earth, or to feel the deeper dimensions of ourselves, and

to humanity. Sedona is calling you!

By reading this book I felt that Sedona was calling to me too. I've been there before but I feel like I experienced it more through this book. It's time that we connect to the earth spirit.

This book beautifully combines a touching personal story, a simple meditation technique, and an passionate call to action for the growing number of human beings around the world who have awakened to the spiritual predicament of our species and are ready to start making a change. I have read a lot of Ilchi Lee's books and I am always touched by his conviction and his undying hope for the world, but this book is different because he shares so much of his own heart and struggles and triumphs. It also helped me to remember the importance of including regular communication with nature in my own spiritual path, and makes me really excited for my next visit to Sedona :) It is heartfelt but grounded, great for anyone interested in meditation and spiritual growth.

I feel so blessed that I live so close to Sedona. And yet, after reading this, I feel like I barely know the place. Ilchi Lee describes the beauty and energy of Sedona so well, and expands my imagination in order to experience Sedona on a much deeper level. His inspirational stories of what he overcame there give me courage to push through my own obstacles. There are lots of great meditations in this book as well. If you don't live near Arizona, you might as well buy a plane ticket when you buy this book because you will definitely want to rush over to Sedona!

Ilchi Lee in *The Call of Sedona, Journey of the Heart*, encourages us to take part in the beautiful dream that Sedona gives through its connection with the Earth--red rocks, green juniper trees and water rushing through Oak Creek. The dream of peaceful world is especially vivid right after commemorating the ten year anniversary of 9/11 in America and questioning again how this could have happened. We prayed for peace so that events like that never repeats and lives do not have to be lost meaninglessly and violently but realizing the hard truth that many lives are being lost to violence and these events are repeating in the world daily. The book gave me hope for humanity and the Earth and inspiration to always keep my eyes and ears open for opportunities to participate in that dream of peace and becoming one with that dream. I hope you will be able to find the dream that lends meaning and value to your daily life through this book. I am truly grateful for Ilchi Lee's tribute to Sedona and teaching us how to find peace and joy in living on earth.

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