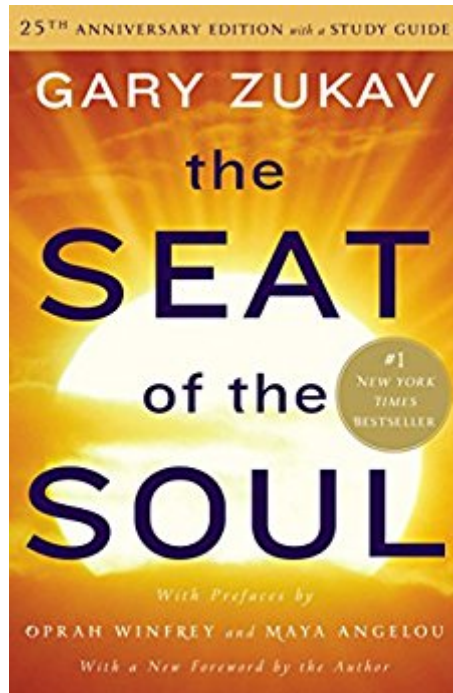




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# The Seat Of The Soul



## Synopsis

The twenty-fifth anniversary of this beloved bestseller is celebrated in Prefaces by Oprah Winfrey and Maya Angelou and contains a new Foreword by the author, website links, and a new Study Guide to help readers find even deeper meaning and fulfillment. The Seat of the Soul encourages you become the authority in your own life. It will change the way you see the world, interact with other people, and understand your own actions and motivations. Beginning with evolution, Gary Zukav takes you on a penetrating exploration of the new phase humanity has entered: we are evolving from a species that understands power as the ability to manipulate and control "external power" into a species that understands power as the alignment of the personality with the soul--authentic power. Our evolution requires each of us to make the values of the soul our own: harmony, cooperation, sharing, and reverence for Life. Using his scientist's eye and philosopher's heart, Zukav shows us how to participate fully in this evolution, enlivening our everyday activities and all of our relationships with meaning and purpose. The Seat of the Soul has sold millions of copies around the globe, and as it changes lives, more and more people begin to live by the values of the spirit. Indeed, a new world is emerging, and this book brings its message to you.

## Book Information

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## Customer Reviews

Bought this book 25 years ago, and it changed my outlook on life at that time. Bought 5 extra copies for friends to give away I was so impressed. Most did not read it then when I would inquire. Life goes on raising family and working, but tried to incorporate the things I learned in this book in tack. Life goes south, divorce at 50, change of lifestyle immediately, and lost searching for a path back. Read this book again to gain balance and accept the circumstances I was dealt. Life goes on some more. Met a couple people who were interested in the book so I bought them each this book. It seems when you get older you have time to delve into your soul issues. Then the worst time of my life hit me at 67---my son died in a car accident. Was completely devastated for three months, looking for any reason to stick around. I wanted to go with him. One day I looked through the bookshelf, pulled out this book for the 3rd time, and it helped save my life, even though I still grieve. Now the people I had bought this book for 20 some years ago have read it and told me they wished they had read it years ago. So do yourself a good service and buy this book.---it could save your life and help you understand why "stuff" happens in our lives we can't seem to grasp. I am now ordering more of this book for gifts again. I have now bought all of Zukav's books and all are wonderful and insightful. Read this one first.

The Seat of the Soul, is the first spirituality book I read and it fundamentally changed the way I view everything. I first read it in 1998 when I was nineteen and it ignited something inside me that was so profound... it is difficult to articulate. The lessons I found among its pages inspired me to embark on a personal journey to become the best version of myself by living a more fulfilled conscious life full of intention. It sparked my thirst for more knowledge. The book is broken into the following chapters: Evolution, Karma, Reverence, Heart, Intuition, Light, Intention, Choice, Addiction, Relationships, Souls, Psychology, Illusion, Power and Trust. The most enduring lesson I received from this book is that my intention creates my reality and that I can manifest anything in my life through conscious intention. I always knew that my thoughts were powerful, but everything seemed to click inside me when I read Gary Zukav's explanation on how intention creates karmic energy that ultimately comes back. "Every action, thought, and feeling is motivated by an intention, and that intention is a cause that exists as one with an effect. If we participate in the cause, it is not possible for us not to participate in the effect. In the most profound way, we are held responsible for our every action,

thought and feeling, which is to say, for our every intention." I related to the concept that every energy I release ultimately comes back to me and have witnessed this play out hundreds of times in my life. Sometimes I have found myself not wanting to accept the fact that I have indeed created a particular outcome but when I examined my motives and my intentions I always found my part and thus the truth of a particular situation. After reading this book, I questioned my motivation and intention of everything I did and looked at my behavior in a new way. I tried to minimize complaining and started asking myself inquisitive questions such as: What is my intention with sharing this? Am I looking for a particular response? What do I hope to get out of this? After reading the book, I tried to make more responsible choices and take into account the consequences of my choices by asking: do I really want what this choice will produce? Am I ready to accept all of the consequences of this choice? Here's a few of my favorite lessons from the book: "Forgiveness means that you do not hold others responsible for your experiences." "An intention is not only a desire. It is the use of your will." "Only by feeling compassion for yourself can you feel compassion for others." "The Universe backs the part of you that is of clearest intention." "Temptation is a dress rehearsal for a karmic experience of negativity." I wasn't able to relate to everything Gary Zukav talks about in this book. The concept that my soul is part of a huge mother ship was a bit too much for me to grasp or understand, so the parts I didn't like I ignored. Instead, I chose to focus on the lessons that spoke to me and I dismissed the rest which is my philosophy for any non-fiction book. There are so many amazing concepts I would highly recommend reading this book. My advice would be to read it with an open mind, take what you want and leave the rest.

I am a avid reader of various topics and subjects and, I would have to say that this is one of the best books that I have ever read. It is quite thought provoking and makes you expand your thinking.

The most spiritual book I have ever read. If you're looking for more out of life, then you might start here. Everything you do, act on or think has an "intention". This book will offer you an opportunity to change your life and your thinking. A must read. I am on my third time reading the Seat of the Soul.

A lot of good concepts, but just a tad on the preachy side. He doesn't get how many people are now "awake" and is a bit pendantic. For those not familiar with 'new thought' etc, it is a great read. For those who are familiar with Kryon, Esther Hicks, Butterworth, etc., and many of the other channels and new age writers, this will seem like a good review.

Referred to read by a person of interest. I have read lots of Dr. Wayne Dyer's books and this one supports his teachings on intentional living and the power of the intent for all of our existents.

I heard Oprah Winfrey, talking about this book on 3 different occasions. I knew it should be my next read. I'm not done reading it as yet, but I must say it's just what my soul needed. I believe to connect to yourself, it's start at your soul.

This book is NOT a one time read. "The Seat of the Soul" challenges and expands your mindset. Get ready for a journey to dig deep and transform your soul. This will be a continuous reread for me.

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