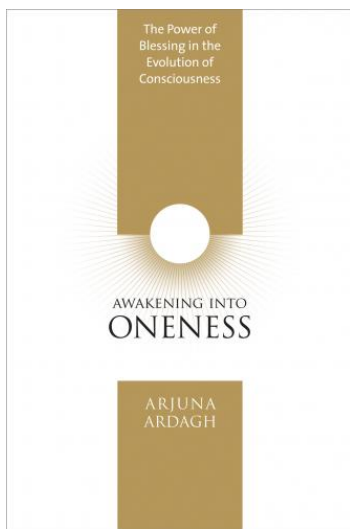




Arjuna Ardagh

www.livingessence.com



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SOUNDS TRUE

Many voices. One journey.

Awakening Into Oneness The Power of Blessing in the Evolution of Consciousness

About the Book

A fascinating discovery in southern India has caught the attention of spiritual teachers from every tradition, leaders from around the world, and millions more. It is the phenomenon called the Oneness Blessing (also known as “deeksha” in the East), a powerful transfer of energy believed to elicit the realization of unitive consciousness. *Awakening into Oneness* tells the remarkable story of this radical new gateway to personal and global transformation.

Arjuna Ardagh shares dozens of firsthand accounts of the Oneness Blessing’s life-changing effects on individuals from all over the world, from the mystical children who initially experienced it nearly two decades ago to its continuing exploration at the Oneness University under the guidance of esteemed teachers Sri Bhagavan and his wife, Sri Amma. Join him in this investigation of:

- The most common effects of the Oneness Blessing, from reduced mental chatter and heightened awareness to effortless peace and the cessation of unwanted habits
- The five major criticisms aimed at the Oneness movement
- How the Oneness Blessing heals personal and professional relationships
- What is it about the Oneness Blessing that has ignited the hearts of so many

Praise for “Awakening Into Oneness”

“Arjuna Ardagh is not only a proficient writer, but also a beautiful human being. In his writings he has married the head with the heart, observation with intuition, thought with feeling. His ability to understand the subtleties of the teachings, dedication, and perseverance in the pursuit of truth eminently qualifies him to write this book.” – Acharya Anandagiri of Oneness University

“*Awakening into Oneness* offers an engaging, thorough, and illuminating look at the phenomenon called the Oneness Blessing. If you care about the planet and about the quality of your own life, this book is a must read.”

– Marci Shimoff, #1 *New York Times* bestselling co-author, *Chicken Soup for the Woman’s Soul* and *Chicken Soup for the Mother’s Soul*

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About Author Arjuna Ardagh

- International best-selling author and "awakening coach."
- Author of *The Translucent Revolution*, *Leap Before You Look*, *The Last Laugh*, and *Relaxing Into Clear Seeing* and the audio from Sounds True, *Let Yourself Go*.
- Founder of the Living Essence Foundation, in Nevada City, CA, a nonprofit organization dedicated to the awakening of consciousness within the context of ordinary life
- Speaker at many international conferences, and has appeared on TV, on the radio and in print media in twelve countries.
- Member of the Transformational Leadership Council.

Bio in more depth...

Arjuna Ardagh is the founder of the Living Essence Foundation in Nevada City, California, a nonprofit church dedicated to the awakening of consciousness within the context of ordinary life. He is the author of *The Translucent Revolution*, *Relaxing into Clear Seeing*, *How About Now?*, *The Last Laugh* (a novel), and *Leap Before You Look*. He is the host of the *Awakening into Oneness* DVD series, and the creator of *Let Yourself Go* (a six-CD audio set), the *Living Essence Audio Series*, *Living Essence Live*, and many other audio and video products.

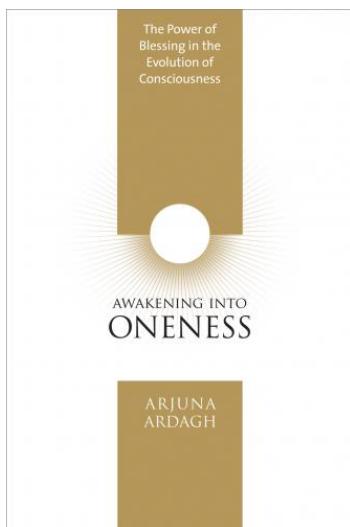
Ardagh was educated in England, at Kings School, Canterbury, and later at Cambridge University, where he earned a master's degree in literature. Since the age of fourteen, he has had a passionate interest in spiritual awakening, and he began to practice meditation and yoga at that time. In his late teens, he trained as a meditation teacher. After graduating from Cambridge, Ardagh devoted himself completely to the call he felt inside, and he studied and lived with a number of great spiritual teachers, both in Asia and in the United States. In 1987 he founded the Alchemy Institute in Seattle, Washington, and trained several hundred people in a transpersonal approach to hypnotherapy. In 1991 he returned to India for a period of prolonged meditation and met H. W. L. Poonjaji, a direct devotee of the great sage Ramana Maharshi, with whom he went through a radical awakening. After returning to the United States, Ardagh began to share this awakened view with other people at Poonjaji's request, facilitating a dramatic shift in awareness with thousands of people throughout the United States and Europe. In 1995 Ardagh developed the Living Essence Training, which prepares people to be facilitators of this shift in consciousness and to cultivate translucence.

Ardagh was invited to the Oneness University in the winter of 2005, which initiated the conception of this book. He now integrates the Oneness Blessing (deeksha) into all the other work he does. He speaks at many international conferences, and has appeared on TV, on the radio, and in print media in twelve countries. He also teaches the Deeper Love seminars with his Norwegian wife, Chameli Gad Ardagh. They live in Nevada City with his two sons.



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Resources mentioned in the book

To find out more about the Oneness University in India, visit www.onenessuniversity.org

To learn more about Oneness youth courses in the West, visit www.onessyouthamerica.org

For more information about the work of Alexis Shaffer in Mexico, visit www.livinginoneness.com.

For more information about Johan Mansson, who has been using the Oneness Blessing to help young drug addicts (pages 87 and 135), you can e-mail him at beroendehealing@spray.se. **See excerpt.**

For more information about Dr. Sunil Joshi, the Ayurvedic doctor (page 81), please visit www.vinayakayurveda.com

For more information about Bruhn and Cecile Henriksen (page 91), please visit www.onenesscenter.org

Other links

- Oneness North America www.onenessnorthamerica.org
- What is the Oneness Blessing(Deeksha)? www.deeksha.com
- Introducing the Oneness Blessing, Arjuna Ardagh Speaks on the Oneness Blessing at the Unity of Phoenix on 1/20/2008. [Watch video.](#)
- [Other Sounds True Titles by Arjuna Ardagh](#)
- Visit Arjuna's website at www.livingessence.com
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