

MEDIA REVIEWS

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WHERE YOUR BLISS AWAITS YOU “YOUR (RE) DEFINING MOMENTS: BECOMING WHO YOU WERE BORN TO BE”

Dennis Merritt Jones | Paperback \$15.95

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Longtime Science of Mind magazine contributor Dennis Merritt Jones's new book, "Your (Re) Defining Moment," is full of wise gems that are balm for the soul. What are redefining moments? Those moments in life when we are brought up against the limits of what we know about our lives and open to the opportunity to rediscover and express the Authentic Self within. Such moments can range from life's inevitable losses to great joys such as the birth of a child. The journey that Jones chronicles is life-long and embraces ever-deeper answers to the core question "Who Am I?" The answers we seek are not intellectual, but a deeply felt intuitive, direct experience of our Original Self.

Jones is also clear that we are always evolving as long as we are in a body. We discover and experience our Authentic Self and then forget, only to once again bump up against the boundaries of what we know. We then plunge into the unknown to uncover another layer of the Authentic Self. Jones's loving guide includes questions for self-inquiry, meditation techniques, and often humorous stories drawn from his own life's journey. He thoroughly explores what can blind us to our Higher Self including lack of forgiveness, loss, body image, shame and narrow definitions of success. His concluding chapter on bringing our life purpose into the world through present moment mindfulness is masterful. Jones' book challenges us to continually ask, "Am I being who I was born to be?"

In chapter 8, he beautifully summarizes his own book: "... you are an individuated vessel in which, through which and as which, the Original Self expresses in a number of unique ways. The operative words here are expresses and unique. ... It is only through integrating fully with your authentic self that your uniqueness and how you express it are revealed. Your authentic self is continually trying to get your attention so it may be more fully expressed. ... When your redefining moments pop up, be prepared to go where you had no plans on going — because that is where your bliss awaits you."

— JOHN HARVEY

