



The Practice of Awakening II: The First Light of Joy, Over 160 Awakening Lessons and Poems for Your Transformational Journey

Paul Hoyt

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How do you become an Awakened Person? Practice.

How long does it take? A lifetime, so far.

In this sequel to *The Practice of Awakening*, Paul shares his private journal of over 160 Awakening Lessons and Poems, in the order in which they were written. This book contains his deepest and most intimate writings so far, concluding with the discovery of his personal names for Infinite Goodness and The Angel Within.

Would you like to know what it is like to gradually become an Awakened, Aware, and Conscious person? Follow the transformation.

Would you like to make great progress on your Journey? There are bound to be many valuable messages and exercises in the collection that are just right for you.

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