



Journey of Awakening and Higher Consciousness

by Jane Kim Yu



Non-Fiction - Spiritual/Supernatural

235 Pages

Reviewed on 02/12/2024

Book Review



Reviewed by Pikasho Deka for Readers' Favorite

What is the purpose of our existence? Is it possible to reach a higher consciousness? Human history encompasses diverse cultures, backgrounds, races, and ethnicities, yet a common thread connects us all -- love. A powerful spiritual experience led Jane Kim Yu to the conclusion that love is the only reality that matters. In *Journey of Awakening and Higher Consciousness*, you will discover your personality type, learn to appreciate and embrace yourself for who you are, and manifest your own reality to become a thriving part of the collective consciousness. The journey of awakening requires us to honor and appreciate everyone and everything. To begin the awakening, acceptance of the self is a necessity. Practice compassion and meditation, forge healthy relationships, delve into arts/music, and learn to embrace life with all it encompasses.

Jane Kim Yu takes readers through an enlightening journey that focuses on the fundamental tenets of humanity and life. *Journey of Awakening and Higher Consciousness* is a thought-provoking book that will help you on your path to a fulfilling and meaningful life with clearly explained guidelines to improve your physical, mental, emotional, and spiritual attributes. According to Yu, to heal the world, you have to heal yourself. The author draws upon her own experiences to offer readers some profound insights into the nature of reality, life, and higher consciousness. Using an engaging writing style, Yu covers each topic meticulously and explores answers to some existential questions that many of us have contemplated at one point or another in our lives. I found this book inspirational as well as thoroughly illuminating. Highly recommended.