



bliss: Living in Silent Awareness

Catherine J. Schultz

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What is bliss? What prevents bliss? How might one live in bliss? To answer these questions, Dr. Schultz explores a wide variety of bliss experiences recorded throughout time. These include those reported by Jesus, Rumi, Fritjof Capra, Michael Jackson, Alan Watts, Charles Lindbergh and many others along with various scientific explanations. The book is designed to integrate the hemispheres of the brain to support the nervous system's capacity to 'tune-in' to the bliss experience, or experience of oneness with all things, in an ongoing basis.

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