



In Case of Spiritual Emergency: Moving Successfully Through Your Awakening

Catherine G. Lucas

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Personal stories of spiritual crises are presented alongside practical and effective guidance in this exploration of a fascinating phenomenon. When spiritual emergencies, such as mystical psychosis and dark nights of the soul, are understood, managed, and integrated, they can offer enormous potential for growth and fulfillment, and this book offers three key phases for successful navigation. Encouraging, supportive, and life-saving, this resource is essential for avoiding the mental, emotional, or spiritual paralysis or exhaustion that can result from underestimating the current age of increased individual and global emergencies.

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