

Contents

<i>Preface</i>	ix
----------------	----

PART I THE TURNING POINT IN MY LIFE

Chapter 1:	Behind the Smokescreen	3
Chapter 2:	A Very Personal Wake-Up Call	7
Chapter 3:	Am I Dead?	19

PART II TO THE SOURCE AND BACK

Chapter 4:	The Journey Begins	27
Chapter 5:	Hindsight	33
Chapter 6:	The Illusion of Loneliness	45
Chapter 7:	A New Perspective	55
Chapter 8:	The Field of Infinite Possibilities	69
Chapter 9:	The Source	81
Chapter 10:	The Dance of the Gold Dots	89
Chapter 11:	Humankind's Greatest Treasure	99
Chapter 12:	Expanded Consciousness	109
Chapter 13:	My Unconditional 'Yes' to Life	117

PART III REBIRTH AND RENEWAL

Chapter 14:	Echoes	127
Chapter 15:	From Caterpillar to Butterfly	139
Chapter 16:	A Radical Transformation	155
Chapter 17:	Living Out Fulfilment	167

PART IV THE PATH TO OUR TRUE SELF

Chapter 18:	The Eight Golden Keys to Life	183
Chapter 19:	You Are a Miracle	203

<i>About the Author</i>	219
-------------------------	-----