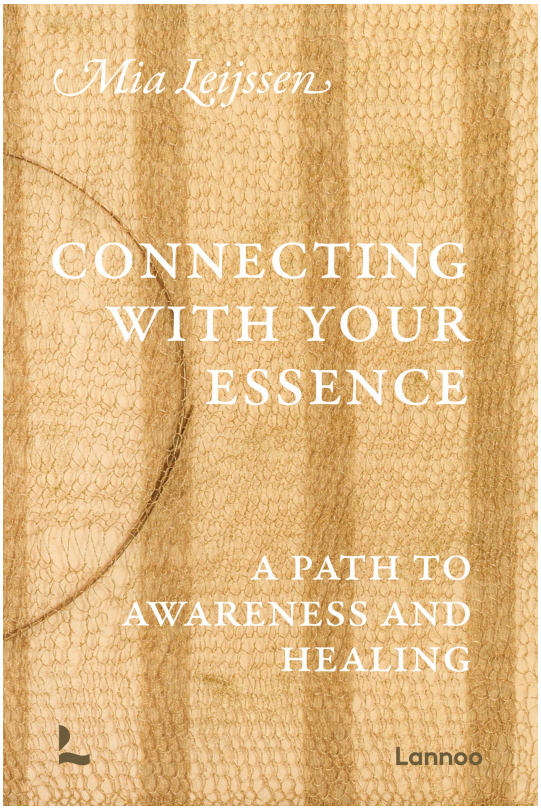
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Connecting with your Essence

A Path to Awareness and Healing

Mia Leijssen

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- The new book by psychotherapist and emeritus professor of psychology Mia Leijssen
- Her popular MOOC on existential well-being has been followed by over 120,000 people worldwide
- For readers in search of deeper meaning and contemporary spirituality

At birth you are completely your pure self. The ability you then have to let your essence shine through your outer form, gradually becomes overshadowed and buried under many layers as you become more and more influenced by your environment and distracted by many external things that demand your attention. This book encourages you to get back on track with your essence. Through real-life illustrations, you will learn to recognize countless expressions of life energy in nature, in your body – which is part of nature – and in the cosmos. These signposts can serve to expand your consciousness, from what is clearly observable to more subtle life processes. Through being present with yourself and others from your essence, you invite transformation and healing and can experience the full potential of being human. This exploration process begins with your feet on the ground. Treading a path of wonder, stillness and connection with who you are in the depth of your being, more direction and meaning gradually unfold. This book emphasizes personal development, offering realistic starting points for fundamental social change and a worldview that embraces differences.

Mia Leijssen is Emeritus Professor of Psychology and Psychotherapy at KU Leuven (Belgium) and author of several books. Her Massive Open Online Course on Existential Well-being is the most followed academic online course from the Leuven University worldwide. She fulfils her roles as a wife, mother and grandmother with heart and soul. In her current phase of life, connecting with her Essence is her priority: letting Light and Love flow through into earthly existence.

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