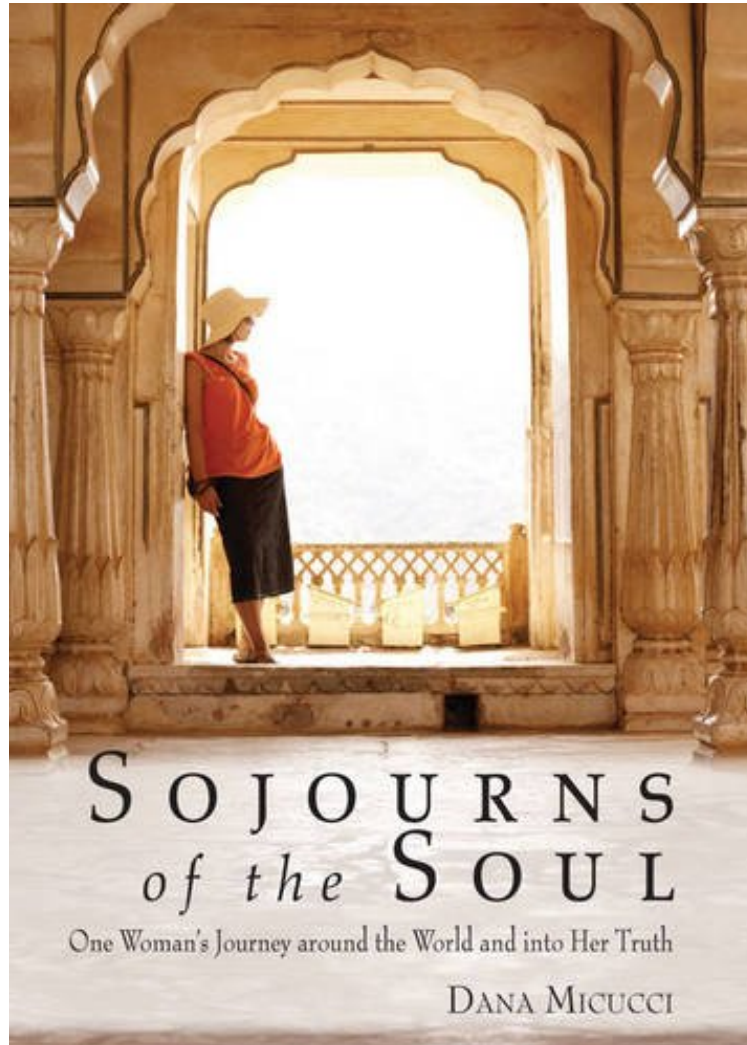


[Mobile ebook] Sojourns of the Soul: One Woman's Journey Around the World and into Her Truth

Sojourns of the Soul: One Woman's Journey Around the World and into Her Truth

Dana Micucci

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Dana Micucci : Sojourns of the Soul: One Woman's Journey Around the World and into Her Truth before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sojourns of the Soul: One Woman's Journey Around the World and into Her Truth:

7 of 7 people found the following review helpful. Sojourns Of the soul By Elaine Beard Dana writes in such a way that I went on this journey with her. I learnt from Dana that often the places we go to find ourselves are enlightening. But also we come home, often to discover that what we are searching for is deep inside our own soul. How wonderful to be in those places with her though, loved the journey in Egypt, and also South America. A great read for those of us who

cannot afford to travel.5 of 5 people found the following review helpful. A wonderful journey without leaving home!By pmcookI've just finished reading this book for the second time. Micucci's beautiful, hypnotic prose carries you along with her to the many exotic and exciting sacred places she has visited. It gives me an enlightened vision of my own journeys throughout life. I've shared this book with many friends and we have spent hours discussing our favorite chapters. I plan on keeping this book in my bedside bookcase to pick when I need a spiritual and emotional lift.0 of 1 people found the following review helpful. Three StarsBy Cynthia LesterSome interesting parts.

Sojourns of the Soul differs from other inspirational travel books by providing a rare mix of in-depth wisdom and literary insights from the holistic view of one experienced female traveler. Dana Micucci gives a compelling account of her growing spiritual illumination through visits to some of the most sacred places on earth. Her lively, engaging narrative takes us to seven sites in all: the Australian outback, Angkor in Cambodia, the Valley of the Kings in Egypt, Lhasa in Tibet, Chichen Itza in the Yucatan; the Monastery of Christ in the Desert in New Mexico, and Machu Picchu in Peru. Micucci links each visit with the awakening of a particular chakra- the chakras being the seven energy centers of the body associated in Hinduism with progressive enlightenment. In the afterword, she reflects on how her experiences continue to shape her life after resuming her career as a journalist in New York City: she finds she is more tolerant, can engage in daily activities with more heart-centered awareness, and can sustain states of joy and gratitude for longer periods of time. The book will be a page turner for readers who yearn for long-delayed adventure, with the added benefit that it is not just a journey log but more of a seeker's manual; travel is simply the vehicle. Readers will find that they don't have to travel to far-flung places for the spiritual inspiration available in their everyday lives. As Micucci says, "Each day brings new remembrances of our divinity, of the Divine presence in all beings, and of our eternal connection to each other. I am so grateful to be here NOW . . . with you.

"In a growingly skeptical and uncertain society, the search for meaning has become more urgent and critical than ever. While many of us may desire to achieve enlightenment, most of us don't know where to start. Sojourns of the Soul explores this dilemma while chronicling seven trips that span 14 years of Micucci's life as she explores the connection of inner growth to world travel that eventually leads to her own self-actualization." --Excerpted from: The Girl from the Ghetto Blog "Travel is a restorative, but it is also an opportunity to broaden our horizons and delve into our most authentic selves. As New Mexico resident Dana Micucci observes, "In a society shaken by uncertain times, the search for meaning has become increasingly urgent and necessary. Travel is one of the most powerful ways to deepen that search. It broadens our understanding of other cultures, beliefs, and wisdom traditions and teaches us ultimately about ourselves--what attracts and repels us, what we want, who we are." In Sojourns of the Soul, we travel with Micucci to Australia, Cambodia, Egypt, Tibet, the Yucatan, Peru, and New Mexico. But we also accompany her on a "souljourney," taking in the spiritual lessons of each location. Micucci's journey tracks with the seven spiritual centers of the body called chakras. Her trip to New Mexico chronicles a curative visit to Christ in the Desert Monastery. Though reluctant at first, she delves into the monastery's life, from uplifting hikes to the ritual of prayer. Micucci's journey will inspire your own--whether it takes you around the world, or just to New Mexico for a bit of our healing magic." --Ashley M. Biggers, New Mexico Magazine "In Sojourns of the Soul, Dana shares the fascinating details of her outer journey and the equally rewarding insights and lessons she learns as she embarks on her empowering and amazing adventures. Dana's journeys took her to the Australian Outback, the pyramids of Machu Picchu, the tombs of Egypt, the heart of Tibet and more. She came to realize that each of the seven sacred sites she explored held a deeper personal meaning than one might imagine -- each correlated with one of the seven chakras in her body. As she moved from sacred site to sacred site, she realized that each chakra was, in turn, being activated in a new way." --Randy Peyser, Excerpted from: Awareness Magazine "Buddha may have found enlightenment by simply sitting quietly under a bodhi tree, but journalist/wisdom seeker Dana Micucci describes herself as "a bit of an adventure addict" and, for her own circuitous path to nirvana, compiled a bucket list of seven of the world's must-see spiritual hot spots for her signposts." --Robert Woltman, Excerpted from: Albuquerque Journal North "Sojourns of the Soul differs from other inspirational travel books by providing a rare mix of in-depth wisdom and literary insights from the holistic view of one experienced female traveler. Dana Micucci gives a compelling account of her growing spiritual illumination through visits to some of the most sacred places on earth. The book will be a page turner for readers who yearn for long-delayed adventure, with the added benefit that it is not just a journey log but more of a seeker's manual; travel is simply the vehicle." -- Excerpted from: DailyOm.com About the Author Dana Micucci's fascination with the written word began at a young age. An early obsession with children's story books led to juvenile attempts at penning prose and poetry, and eventually to a compulsive stalking of book stores. After receiving her BA and MA in English literature from Northwestern University, she indulged a long-held fantasy to live as a bohemian writer in a garret of her own on the Left Bank of Paris. Upon returning from Paris, she carved out a niche as a freelance journalist in New York and later found work as a senior publicist at Christie's, the international art auction house. Over the past twenty-five years, Micucci's articles and essays have appeared in newspapers and magazines such as The New York Times, International Herald Tribune, Chicago Tribune, Architectural Digest, Town Country, Art Antiques and Veranda, covering the topics

of culture, art, design, travel and spiritual and social issues. Micucci has had the privilege of interviewing numerous noted figures, including His Highness the Aga Khan; architect Richard Meier; writers Toni Morrison, Doris Lessing and Erica Jong; choreographer Twyla Tharp; and artists such as Louise Bourgeois, Sean Scully and Kiki Smith. Her art-related travel stories have taken Micucci throughout the world, reaffirming for her that, as Henry James said, "one of the greatest joys in writing is having written." Her passion for fiction has led her to Columbia University's Creative Writing Program, where she was a senior writing fellow and studied with the late novelist Raymond Kennedy while publishing poetry in literary journals. In addition to her newest title, Micucci is the author of *Artists in Residence* (The Little Bookroom), a guide to the homes and studios of eight 19th-century artists in and around Paris; *Best Bids: The Insider's Guide to Buying at Auction* (Viking Studio/Penguin Books); and *Collector's Journal* (The Little Bookroom). In connection with her books, Micucci has been interviewed by radio and print media and has lectured on the arts at New York University and other organizations. She lives in Taos, NM.