



The Apocalypse of the Mind: Transforming Ego into Stillness of Consciousness

By Melissa Lowe

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The Apocalypse of the Mind: Transforming Ego into Stillness of Consciousness, Melissa Lowe, In The Apocalypse of the Mind, the author identifies practical elements that support the shift from enduring states of consciousness to stillness of mind. Grounded in Jungian theory and Eastern thought the book draws on the author's personal experience and other scenarios as well as themes from popular culture to illustrate the process the ego encounters as it undergoes consciousness transformation. The book offers readers reflective exercises to incorporate an understanding of their unconscious material, and deep rooted solutions to address genuine transformation.



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