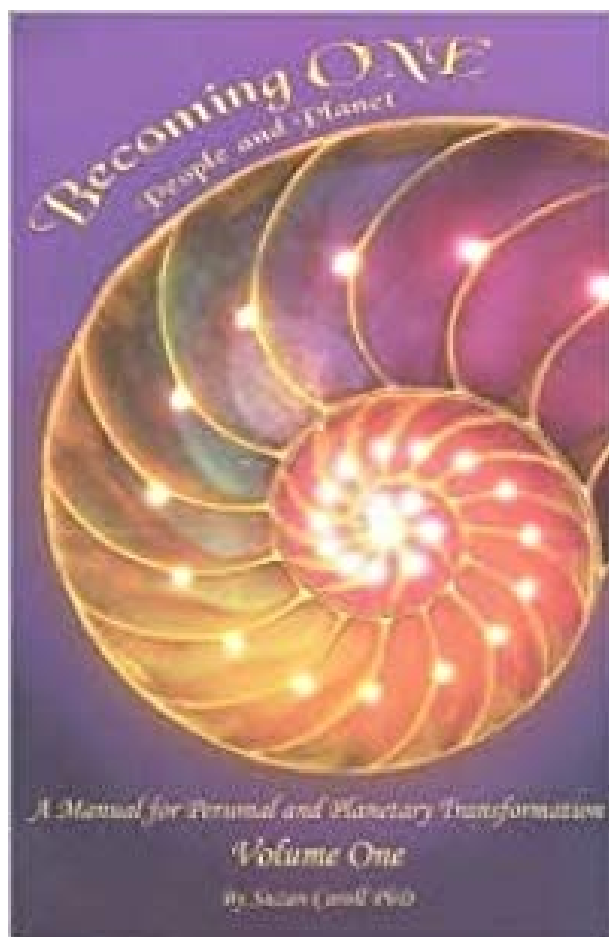


# Becoming ONE, People and Planet - Volume One: A Manual for Personal and Planetary Transformation



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Becoming ONE, People and Planet is a masterful blend of psychology, metaphysics, ecology, science, art, poetry and spirituality from Suzan Carroll PhD. This book offers information, meditations, and exercises that help readers consciously communicate with their greater multidimensional self and integrate that expanded sense of self into their physical body and daily life. In this way, the author hopes, readers will contribute to a growing collective consciousness that is creating a new reality. Not only does Becoming ONE pull together many different disciplines, but it also blends several forms of expression (everything from scientific research to artwork, poetry, and storytelling).

This unusual combination is specifically designed to activate the reader's whole-brain thinking-simultaneously using both our logical left brain and our creative right brain. This form of thinking greatly enhances our ability to expand our consciousness and activate our latent, innate potentials. Becoming ONE offers a gentle and thorough process of expanding our consciousness to understand and embrace our multidimensional self, as well as our multidimensional planet, to realize that we are part of a whole much greater than we could ever imagine. In that sense, Becoming ONE is no more than a handbook to the universe of

multidimensional reality.