



Eyes Wide Open: Cultivating Discernment on the Spiritual Path

Mariana Caplan

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The spiritual path is like any other road—it's going to have its share of potholes and detours. Safe travel requires a quality rarely taught yet critically important in today's world: discernment.

In *Eyes Wide Open*, Mariana Caplan supports us in cultivating the acute judgment and discrimination that will help us to live a spiritual life with intelligence, clarity, and authenticity.

Is enlightenment less about fireworks and bliss and more about dismantling illusions? How do we fully integrate our practice into daily living? What's the best way to work with the ego and the shadow? *Eyes Wide Open* explores these questions and more, offering practitioners from any tradition—or those just getting started—a traveler's guide through “the labyrinth of increasing subtlety” that defines a genuine spiritual life.

Eyes Wide Open has received the following awards:

- 2010 Gold IPPY—New Age (Mind-Body-Spirit)
- 2010 Gold Living Now Award—Enlightenment/Spirituality
- 2010 Silver Nautilus Award—Spirituality

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