



## Essence: The Emotional Path to Spirit

*Jacob Watson*

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# Essence: The Emotional Path to Spirit

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## **Essence: The Emotional Path to Spirit** Jacob Watson

Essence: The Emotional Path to Spirit is packed with wise, fierce and gentle emotional and spiritual teachings that describe how our natural emotions clear a path to the spiritual life. Using a holistic model of health - body, heart, mind and soul - and illustrated by stories of tragedy, death, and illumination that guided the author through his personal healing, Essence is like having an intense spiritual workshop in your own hands. Includes meditations and spiritual practices in each chapter.

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