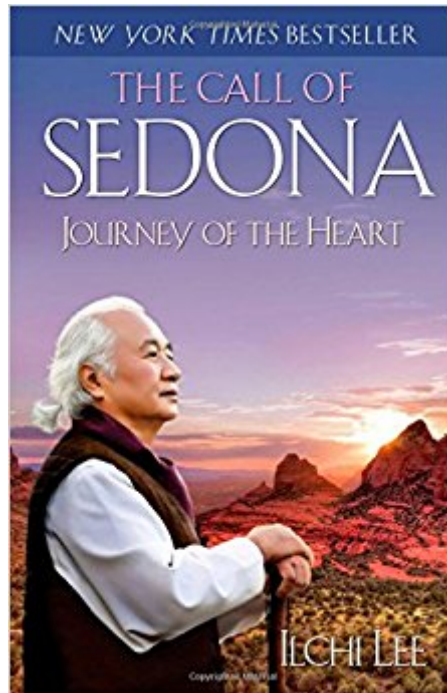




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# The Call Of Sedona: Journey Of The Heart



## Synopsis

This richly illustrated > bestseller and word-of-mouth-phenomenon takes readers on a journey through the magical landscape of Sedona, illuminating the path to self-discovery and opening readers to a higher purpose and potential. From one of the world's most renowned meditation teachers. The Call of Sedona speaks to anyone seeking greater fulfillment and deeper meaning in their lives. With practical advice on meditation and profound insights on the healing power of the earth, this book gives you the guidance you need to embark on your own journey of the heart. If you haven't been to Sedona, this book will urge you to travel to this blessed place. If you have been to Sedona or even if you live there now this book will deepen the love you hold for the wonders of the land. Wherever you are, let this book show you how to experience the spirit of Sedona and make a true connection with your heart.

## Book Information

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## Customer Reviews

"The Call of Sedona is not nearly so much about a place as it is about a place of Being; not only about a location on the map of the world, but a location on the map of the mind. Recognizing that this unique city in America holds both a Message and a Metaphor for those in search of greater meaning and purpose in life, Ilchi Lee has produced a book filled with remarkable wisdom inspired in a remarkable setting. Not to be missed." --- Neale Donald Walsch, Author of Conversations with God  
"I have been to Sedona only once. I was so struck by the power and magic of this land and I remember thinking, 'This place is a cathedral in which to

worship. Let The Call of Sedona bring this holy earth energy right into your heart.

--Christiane Northrup, M.D., ob/gyn physician and author of the New York Times bestsellers  
Women's Bodies, Women's Wisdom and The Wisdom of Menopause

Ilchi Lee is a respected educator, mentor, author, and trailblazer devoted to developing the awakened brain and teaching energy principles. For the past thirty years, Lee has dedicated his life to helping people become the authors of their lives by harnessing the creative power of the human brain. He has developed many mind-body training methods, including Dahn Yoga and Brain Education. Since his first visit to Sedona in the 1990s, Lee has shared the messages and spirit he has received from this special land. He is the founder of Sedona Mago Retreat, a place for spiritual awakening and holistic learning, located in the wilderness of Arizona's red rock country. For more information, visit [Ilchi.com](http://Ilchi.com).

This is a book for all who view themselves as spiritual beings and seek higher purpose. I thought it was a call to Sedona, the place, but found it was more of a call to my truth, to enlightenment and purpose. I have one on my coffee table and one in my quiet room - useful to open and read just a line or a paragraph which I do frequently. It creates in me an experience of easy prayerful meditation when I'm all alone. Shared with others, it creates circle of thoughts and exploration even after reading just a brief random excerpt. Whenever I sit with this book, I am always refreshed with new energy.

Ilchi Lee in The Call of Sedona, Journey of the Heart, encourages us to take part in the beautiful dream that Sedona gives through its connection with the Earth--red rocks, green juniper trees and water rushing through Oak Creek. The dream of peaceful world is especially vivid right after commemorating the ten year anniversary of 9/11 in America and questioning again how this could have happened. We prayed for peace so that events like that never repeats and lives do not have to be lost meaninglessly and violently but realizing the hard truth that many lives are being lost to violence and these events are repeating in the world daily. The book gave me hope for humanity and the Earth and inspiration to always keep my eyes and ears open for opportunities to participate in that dream of peace and becoming one with that dream. I hope you will be able to find the dream that lends meaning and value to your daily life through this book. I am truly grateful for Ilchi Lee's tribute to Sedona and teaching us how to find peace and joy in living on earth.

This book is one of the greatest books of our times about discovering the greatness within and our hopes and dreams, by one man who never gave up and kept going no matter what. Ilchi Lee is truly one of the greatest human beings on our planet today. Through this book, he delivers the heart of the earth to humanity. The message is great, grand, simple. Inside each of us there is a greatness so grand, so beautiful, so true, more than we know, and that we have everything inside that we need in order to achieve our dreams. Sedona is a place, a time, which gave Ilchi Lee a dream, a vision, hope, strength, and peace when he most needed it. I found such peace and support and motivation by reading this book, and by the end, I felt like I can really make my dream turn to reality. The meditations in the book help guide one to release and let go, and focus. I couldn't put the book down. First time through, I consumed it in one plane ride. Each page is a full meditation itself. Some favorites are the chapter on the Grand Canyon, where one can read about how to let go negative emotions, that no matter how deep the hurt is, you can let go of it. Cathedral Rock meditation section also says go inside when things get difficult, and the energy of this place is comforting, where everything is okay. The author encourage us to look at things in positive way, "When hardship comes, an opportunity comes..." If you need inspiration, courage, passion, healing, read this book. If you need a dream, hope, strength, wisdom, enlightenment read this book. If you love the earth, humanity, read this book. One of my favorite analogies in the book "We are all flowers blooming on the one tree called "life"" I hope many people read this book, and start to build a better world, a better self.

The author takes you by the hand through the lands and vortexes of Sedona in such a simple, inspiring and powerful way. In a way that feels almost like children's storytelling, it speaks to the heart of things, to what really matters in life. It's like a process of remembering who we are and why we are here. Because the messages are so pure, I think they resonate with everyone. Many of the passages just bring a smile to my face because they give me a sort of home feeling, a sense of familiarity. It's all so common sense that it connects me with people and the earth in a natural way. Essentially, it reminded me what it is to be a human being. This is such a unique gift you can give to yourself. There are so many books and so much information out there that appear to be inspirational but in the end are just confusing us more and more. This book is at the exact opposite extreme. Don't miss the chance! Reading The Call of Sedona gives you the opportunity to listen deeply to your heart.

This is a very inspiring book and a must read for anyone on a journey of self discovery. There are

many empowering passages and shared moments that are familiar and easy to identify with. The descriptions of Sedona itself are beautiful and extremely vivid. After reading them, I simultaneously felt like I had been there and yearned to travel to Sedona in the same moment. Some readers may even come across a passage that will leave them forever changed. This happened to me during a description of Oak Creek Canyon in chapter 10. In the middle of this description the author segways into a beautiful observation on dealing with adversity. He states, "Just quietly being alone is not a peaceful life. There are instances where that kind of life is a dead one, pretending to be peaceful. A life that avoids conflict never changes". After reading this passage and this wonderful book, my outlook is forever changed. I highly recommend this book. Best of luck to you all on your life's journey.

The Call of Sedona was a captivating and inspirational book as if written by, and from, the soul of Ilchi Lee. His words came alive through the superb photos of the major vortex centers, sunrises and sunsets, natural wonders, flowers and plants in every color imaginable and of the spectacular red rock mountains in and around Sedona. He shared the journey his enlightenment has taken him that led him to Sedona some 15 years ago where the Call of Sedona inspired a dream in him of humanity uniting as one nation dedicated to saving and preserving the earth that we all share and call home. I recommend this book to anyone who has ever felt, no matter how good or how bad their life may be, a deep yearning to ask "who am I" and "why am I here"? as Ilchi Lee did as a child and young adult prior to finding the answers high up on a mountaintop in Korea.

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