



# The Second Birth: Stories of Awakening within the Heart of Community

*Bob Valine*

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## **The Second Birth: Stories of Awakening within the Heart of Community** Bob Valine

Yes, people like you are awakening. The thirty-eight writers in "The Second Birth" share their journeys of mental, emotional, and spiritual exploration leading to a radical awakening as embodied consciousness or "a second birth." With the support of the teachers, mentors, and community of Waking Down in Mutuality, pioneered by Saniel Bonder, men and women from many different spiritual backgrounds are dropping into their hearts and their ordinary, challenging lives as divinely human awakened beings. A revised edition, "Dancing in the Fire," with a new introduction and stories, was published in 2009.

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