



Passionate Presence: Seven Qualities of Awakened Awareness

Catherine Ingram

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Learn the seven ways to tap into a state of pure joy, at any time, with the spiritual teacher Catherine Ingram. When we deeply relax, free from the stories the past, present and future, a great passion for life emerges, along with an awakened intelligence. This passionate presence is innate; it is a universal intelligence that transcends biological abilities and educational backgrounds. In this book, spiritual teacher and writer Catherine Ingram offers seven ways to awaken the passionate presence that is in all of us. Each chapter describes one of the seven primary qualities of awakened intelligence. These qualities are based on her observations over years of working with thousands of people in silent retreats and public interactive events called Dharma Dialogues. The seven aspects - tenderness, discernment, authenticity, embodiment, delight, wonder and silence - naturally and consistently emerge as a result of deep relaxation and lead us easily to our passionate presence.

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