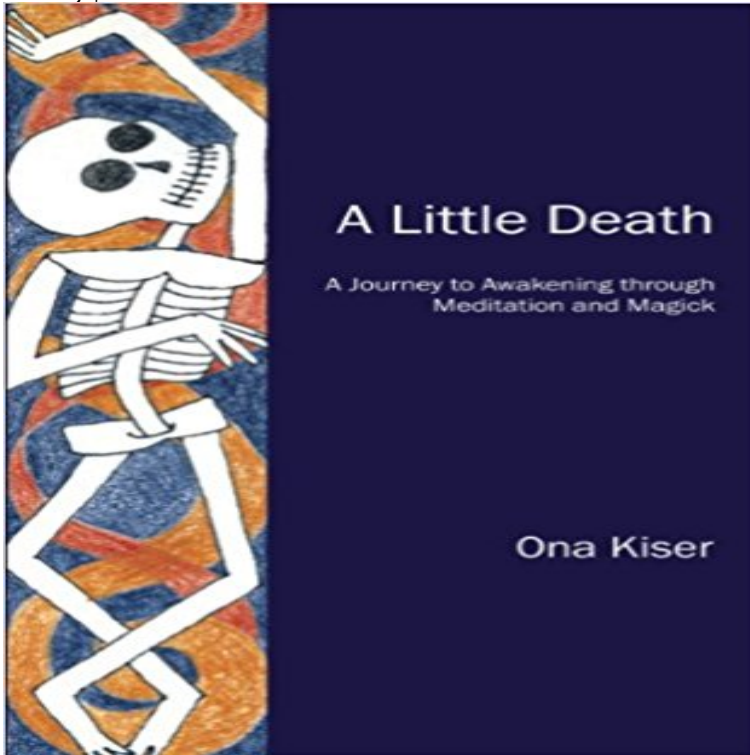


A Little Death: A Journey to Awakening Through Meditation and Magick



A series of traumatic accidents and losses is the starting-point for this unique memoir of a woman's journey to spiritual awakening. Confronted by her mortality, and seeking a way to accept both death and living with death, Ona Kiser presents this deep exploration of modern spiritual practices, narrated with equal measures of humor and passion. Re-visiting the lessons of her years as an initiate of Santeria, she also discovers and puts to work techniques from Buddhist meditation and Western Magick, enlisting along the way the guidance of a maverick guru. The result is a richly detailed map of all the joys and pitfalls of the quest for enlightenment. Like a modern-day St. Teresa of Avila, Ona skilfully navigates the waves of agony and ecstasy, the heights of mystical insight and visions, as well as the depths of confusion and despair, always in undaunted pursuit of her goal. It was an end, but also a beginning, a rebirth into a new world that had always existed, hidden in plain sight. (Please note electronic versions of this book do not include the illustrations.)

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