

For Immediate Release

Media Contact: Simon Warwick-Smith
warwick@vom.com
(707) 939-9212
www.warwickassociates.com

THE GLOBAL PHENOMENON OF THE ONENESS BLESSING:

New Book Illuminates the Power of Deeksha

San Francisco, CA (March 1, 2015) — The growing, world-wide phenomenon of the Oneness Blessing, also known as Deeksha, has at last been described in a new book, *The Oneness Blessing: How Deeksha Can Help You Become Your Authentic Self, Heal Your Relationships, and Transform the World*, by Paula Rosenfeld.

A Certified Oneness Trainer, coach, and healer, the author shares her own personal experience of awakening and includes the vivid experiences and profound insights of other awakened Oneness trainers.

As explained in detail in the book, Deeksha is a non-denominational transfer of energy from one person to another; it is not at all dependent upon knowing the right teachings, prayers or mantras. Deeksha works in a neurobiological way, activating the frontal lobes of the brain and deactivating the parietal lobes. This subtle yet powerful shift in brain function supports an experience of interconnectivity, awareness, authenticity, and bliss.

With surprising simplicity, the energy of the Deeksha can be transmitted through the hands and intention of a Oneness Blessing Giver, who is specially initiated and trained.

Readers of *The Oneness Blessing* will discover how Deeksha can cause:

- A letting-go of resistance to people and situations
- Newfound heart-connected relationships
- Relief from cravings and addictions, tension and stress
- A shift in brain function that opens the heart, quiets the chattering mind, and allows one to feel fully alive
- Feelings of inner peace, calmness, lightness and a sense of purpose
- Physical healing, and feeling closer to what one considers the Source.

The author said, “People in Asia, Europe, Africa, and the Americas are receiving and giving Oneness Blessings now. The world is on the path of transformation, and though there is much darkness to move through, the future holds hope for generations to come.”

About the Author: A Certified Oneness Trainer and founder of From the Heart Center in Chicago, *Paula Rosenfeld* is also a certified meditation teacher, healer and coach. She has studied with the Foundation for Shamanic Studies and became a practitioner of the shamanic methods of Soul Retrieval and Extraction. She has helped more than 1,000 people recover from trauma using these ancient methods, and also leads shamanic journey circles that support direct experiences of healing and guidance.

In 2011, she became a Oneness Blessing Giver and traveled to Oneness University in India, where she experienced a Deepening Process, became spiritually awakened and also became a Certified Oneness Trainer. Now she initiates others to become Blessing Givers.

She said, *"My mission is support people in attaining the yearnings of their heart, the wholeness of their soul, the health of their body, and their intimate connection with the realm of Spirit."*

#

Title: *The Oneness Blessing: How Deeksha Can Help You Become Your Authentic Self, Heal Your Relationships, and Transform the World*

Pub Date: April 2015

Author: Paula Rosenfeld

Publisher: New Page Books, a division of Career Press

EAN: 978-1-60163-361-3

List Price: U.S. \$14.99 (Can. \$17.95)

Format: Paperback, 240 pages, 5.25" x 8.25" inches, 5 images

Distributors: New Leaf, Baker & Taylor, Ingram, Bookazine, Brodart, Nutri-Books, Partners Book Dist.

Information: www.newpagebooks.com, www.warwickassociates.com

Subject: Spirituality, New Thought

Rights: World