

Awakening Consciousness: A Girl's Guide!

Robin Marvel

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Reviewed by Brenna Bales (age 10) for Reader Views (12/08)

When I first started reading “Awakening Consciousness” I had a very different perspective on life. Reading this inspirational guide can actually cleanse out a lot of the bad thoughts you may be having in your life. The exercises and meditations that the author outlines in the book can have an almost purifying effect on your soul, filtering out feelings of hurt or discomfort.

The exercises in particular spiritually “work” all of your “chakras.” Chakras are the spinning centers of energy at the bottom of your spine, and end at the top of your head. Your body feels lighter and more at peace after doing them. Several of the chapters include game-like activities which are very enjoyable and interesting to do.

I would definitely rate the book a 5 out of 5. This book sparked something inside of me that I had never felt before. The exercises in the book can wash out feelings of uneasiness, worry or tension, and they can be done anytime you feel upset.

The book was very engaging right from the beginning. It has some unique concepts that other books do not discuss. It gives some practical ways to guide the reader through spiritual movement.

If readers come from traditional Christian, Jewish, or Muslim backgrounds, they may not be as open to receiving the information outlined by the author. The book focuses on teaching how to connect with your inner being and/or consciousness, and generally leaves out techniques found in the Bible and other religious works.

I was extremely eager to read the book the moment after I received it. The book just looked like it had some secret waiting inside for me to discover. I would recommend “Awakening Consciousness: A Girl's Guide!” by Robin Marvel to anyone looking to explore new ideas about their spirituality.