



The Lens of Perception: A User's Guide to Higher Consciousness

Hal Zina Bennett

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The lens of perception--the part of human consciousness that experiences reality--is a core concept in virtually every spiritual and psychological tradition, from ancient Buddhism to Native American shamanism to Jungian psychology. Hal Zina Bennett proposes that if we can comprehend and harness this consciousness, we can shape our experiences and fulfill our greatest potential. By deconstructing the inner workings of the human mind, this skillfully written book unravels the Gordian knot of reality itself.

- A guided tour of human consciousness that takes the reader from individual self-awareness to becoming the co-creator of reality.
- An underground cult favorite that was way ahead of its time, reissued as a New Thought classic in a freshly revised third edition.
- Thanks to the success of the film *What the Bleep Do We Know!?*, which has grossed over \$12 million and inspired hundreds of online discussion groups, "alternative consciousness" is hot again.

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