



Miracle Moments: THE NATURE OF THE MIND'S POWER IN RELATIONSHIPS AND PSYCHOTHERAPY

Antonio Santos

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Miracle moments are the "cracks of light" pouring into the ego's dark system. It is the ego which makes you a slave of time, dreaming a dream of violence, pain, fear, guilt, and despair. Discover how to make of every meeting an opportunity for miracle moments, opening your mind to experience the best that life has to offer, allowing the wisdom of the inner light to shine. What are miracle moments? How can we achieve them? What are the catalysts that make these moments possible? How can the notion of miracle moments be applied to our personal relationships, to psychotherapy, and to educational, organizational, and political settings? What can miracle moments teach us about race, religion, politics, and sex? The author, Antonio Monteiro dos Santos, brings together his experience of twenty-five years as a psychotherapist, the knowledge of A Course in Miracles, of The Bhagavad Gita, and of the Gospel of the Buddha to write this passionate book in answering these questions. His practice of yoga and meditation, and his work and experience with the power of silence permeates his writings. The experience and wisdom of accomplished psychotherapists and communicators such as Carl R. Rogers, Virginia Satir, Eugene Gendlin, Erving Polster, John Grinder, Robert Stein, and Robert Nemiroff presented in this book, add to its richness, making it into a profound statement about the crucial moments of life.

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