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The Sacred Path of Eco-consciousness: Healing our Culture of Discontent

Alice Iida

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Tantalized by how an experience in the Amazonian rainforest relieved and positively transformed years of struggle with anxiety and depression, Alice became interested in discovering what brought her such healing in the jungle. She embarked on a journey to Peru and Ecuador and discovered that in a world where material possessions and accomplishments are the prime expression of a person’s identity and source of happiness, a growing emptiness is taking over the world. This void is driving us to consumption, addiction, stress, and disease. Take a journey from the Big Bang into the deep forests of the Peruvian Amazon, and ask yourself how we got here, where we are, and what's possible for our future. Embrace the ecological crisis that is unfolding, and commit to doing the inner work required to nourish our planet, and our souls. The Sacred Path of Eco-consciousness is a book that sews together the world’s ancient wisdom traditions, to bring healing to our discontented modern culture. * Honorable Mention in the 2014 Green Book Festival. *A nominee in the non-fiction (Green/Environment) category of the Global Ebook Awards.

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