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Nota di contenuto	Cover -- Title page -- Content -- Prologue -- Introduction -- PART 1 The Awakening -- Chapter 1 Beyond Mindfulness: Ancient Ireland and You -- Chapter 2 The Awakening -- Chapter 3 The Taboo against the Truth -- Chapter 4 The Celtic Cross -- PART 2 The Enchanted Life -- Chapter 5 A Celtic Introduction to the Enchanted Life -- Chapter 6 An Ancient Irish Recipe for Life and Living: Seven Truths -- Chapter 7 Personal Heroism -- Chapter 8 Enchantment -- Chapter 9 Transcendence -- Chapter 10 Poetic Intuition -- Chapter 11 Imagination -- Chapter 12 Immanence -- Chapter 13 Mind-Flight -- Postscript -- Bibliography -- Acknowledgements -- Praise for Colm O'Connor's seminar 'The Awakening', based on the core ideas in this book -- Copyright page -- About the Author -- About Gill & Macmillan.