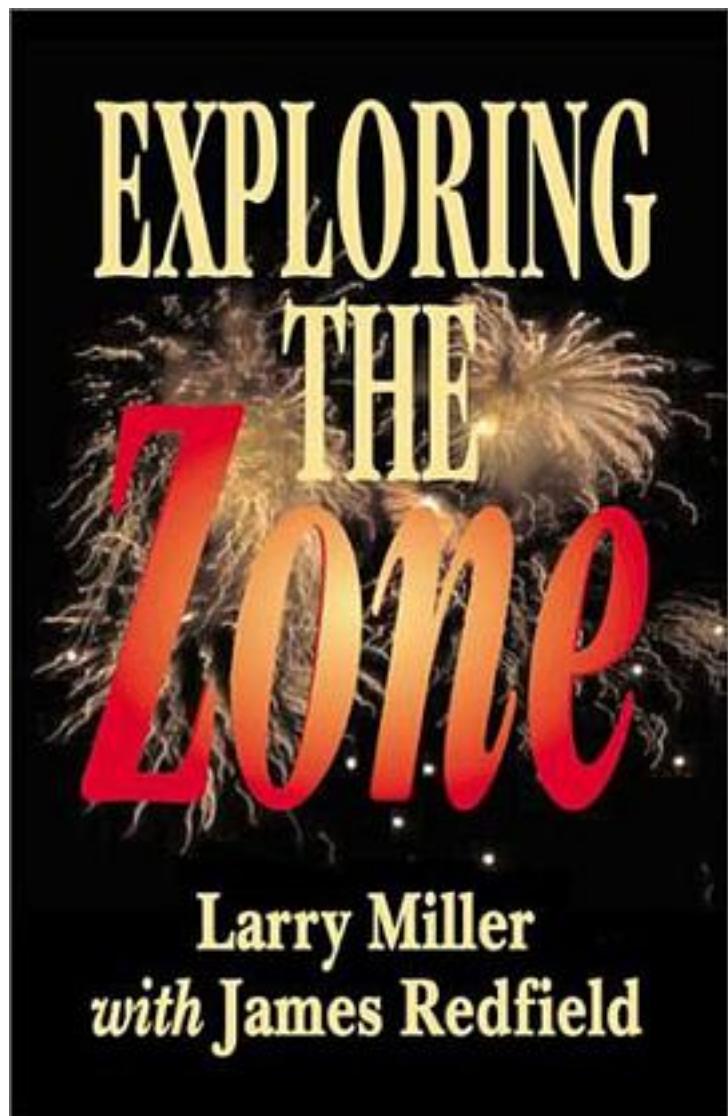


Exploring the Zone



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It has been referred to as the mysterious phenomenon of spontaneous excellence. It has been applauded as the model for achievement in everything from athletics to child rearing, and it relates to every aspect of our lives, from the food we eat to the art and music we surround ourselves with. "Being 'in the zone' has been popularized greatly by the sports media, and, as so often happens with buzz-words and catch-phrases, it has taken on an aura much greater and more mysterious than its true nature . . . In reality, the zone is nothing more than peak efficiency, of which we are all capable." From Exploring the Zone, section 1, "The Ranks of the Efficient" This book explores all the aspects of accessing a level of consciousness where the zone can be accessed and prolonged through ten "pathways to the zone," and through understanding what the zone itself is. Celestine Prophecy author James Redfield's contributions expand the spiritual aspects of the zone. The concluding twelve chapters present principles on the unity of heaven, earth, and human, and the essential unities within each realm.

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