



The Ecology of the Soul: A Manual of Peace, Power and Personal Growth for Real People in the Real World

Aidan Walker

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Power Seeds and Magic Minutes: the route to inner space. The Ecology of the Soul: A Manual of Peace, Power and Personal Growth for Real People in the Real World explains the seven powers of our own inner ecosystem – the Ecology of the Soul – and how to revive them to regain our natural, true state of peace, power and well-being. When the Ecology of the Soul is in balance, we live and thrive in this world, and create the new one, with grace, harmony and beauty. Each one of the seven powers – Nature, Creativity, Endurance, Love, Communication, Focus and Connection – generates seven separate meditations, which in turn create ‘Power Seeds’ of thought and mental habit. Plant one a day, and in a ‘Magic Minute’ – 60 powerful seconds of daily, active meditation – you achieve the balance, power and peace of Soul Consciousness. Warm, accessible, even humorous, the book acknowledges that we’re all human and not everyone is able or willing to aim for the highest path of enlightenment. It gives practical methods by which anyone, at whatever level of commitment, can benefit.

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