



Untangling the Myth - Where Science and Spirituality Meet

Edel O'Mahony

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'There must be more to life than this?'

Untangling the Myth - Where Science and Spirituality Meet became a book that followed the step by step process I had taken on my own journey from fear and cycles of suffering to a place of internal peace, in full control of creating my world and living in the freedom of my truth.

There are 35 chapters to assist you, the reader, to step into your own conscious creating and the powerful practice of present moment awareness. It provides the scientific facts to energetic and spiritual practices, with detailed information and scientific verification, in particular around the field of Epigenetics working within your body and how you are creating your external environment from your beliefs.

Through a lifetime of the most harrowing experiences my journey took all the strength and courage I could muster, yet the 'why?' never left me. It was not to be external studies or qualifications that brought my answers. It was to be my returning home within myself, which opened my awareness, awakened my intuition and allowed me to remember the magnificence of what we are. It has been brought together through love and deep devotion into this book, to be your guide on your own unique experiential journey to internal peace in the freedom to express your truth.

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