

Burr Leonard – Creator and Founder of The Bar Method

Posted 5-Star Amazon Review

An engrossing story about a former soldier's search for enlightenment

I loved this book. It contains one of the most beautiful descriptions I've ever read of the experience of enlightenment. Michael starts his story standing on a cliff about to jump to his death. We learn that his depression was brought on, in part by his rigid upbringing and in part by the lingering trauma of killing and drug abuse during his tour in Vietnam. Instead of ending his life, Michael decides to search for some kind of inner peace. His sometimes crazy, sometimes, funny journey through New Age experimentation and ultimately to meditation leads him to the answers he was seeking, which he condenses for us into "Five Principles of Freedom." My favorite passage in the book when Michael is wandering in a British pasture and suddenly enters awareness. He paints the experience as almost psychedelic, a journey beyond time to total, selfless acceptance.