



Close Your Eyes and Wake Up

Amenti Marakita

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Do you feel like you just don't fit in? Are you crippled by feelings of discontent? Do you know within that there is another way of being? Are you ready to begin your journey to truth with courage, determination, faith, and trust? Like you, author Amenti Marakita knew that she wasn't living her ultimate life. Restricted by feelings of dissatisfaction and a general sense that she just didn't fit in, she knew that something had to change. She needed strength and motivation to create happiness as an adult. Motherhood was her foundation, and secretarial work was her bread and butter, but she wasn't satisfied. She knew that it would take a leap of faith for things to really change. She took her first step to a new life by opening herself up to the world of natural therapies. She valued the process of working through challenges with various modalities and enjoying the rewards on the other side. She accepted the invitation to explore her reality and experience her true potential as a woman. In *Close Your Eyes and Wake Up*, Marakita, a Kinergetics practitioner and instructor, shares her guidance with those who are ready to leave the status quo behind and venture boldly into the unknown. Kinergetics opened her heart to a world of happiness within herself by allowing her programmed self to fall away. By learning to trust synchronicity, signs, and inner and outer guidance, she was reborn.

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