

Info 3**Spiritual Politics and The Transformative Shaping of Society**

Unlike most books on spirituality Christina Kessler's book, "Amo ergo sum: Because I love," is a very political book.

Her concept of self-realization aims at a way of life characterized by self-realization, broadened spiritual horizons and human dignity for every individual and for society as a whole. She does not articulate unreachable ideals, but rather a personally experiencable (re)orientation that directly affects people's material, psychological, intellectual and spiritual lives.

It is also a truthful book; it's point of departure is the blunt fact of the patriarchy's world-wide destructive and demeaning effects. Viable approaches to overcoming are demonstrated. Kessler's philosophy of life is an envisioning of society unparalleled in its daring and unconditionality. In Germany, no work of such significance in the history of thought has been written since Friedrich Hölderlin's philosophy of love.

Matrix 3000**A Magazine for New Thinking, Science, Politics and Culture**

Amo ergo sum. I love, therefore I am.

The title of course alludes to Descartes' "Cogito ergo sum – I think, therefore I am."

Christina Kessler directs her focus to the heart and its capacity to love instead of the intellect's rationality, and distills the essence of the theme of "self-realization" from the world's wisdom traditions. Following this underlying theme, Christina Kessler leads the reader to a logic of an integral philosophy of life and practice. Her book convincingly shows that positive and lasting change in our world can be accomplished only if all of us anchor ourselves in our true identity, here and now. The tool for transformation is available to each and every one of us; love and a state of consciousness. An elevating and illuminating book.

The Main Echo**Regional German Newspaper**

This book, *Amo ergo sum*, published by Arbor Verlag, Germany, was introduced at the Congress "Unity in Duality," that took place in Munich's Hotel Bayerischer Hof from October 10 –13, 2002. His Holiness the XIV. Dalai Lama was present as the honorary guest of this congress in which 11 scientists and scholars from around the world, astrophysicists, neurologists, philosophers, biologists, physicists and linguists met to make visible the integration of western research and the inner wisdom of eastern spiritual traditions. This type of discussion has been taking place in science and scholarship for over 30 years now, culminating in the "integral vision" of the American avant-

garde philosopher, Ken Wilber, with new models of psychology, the natural sciences, politics and economics.

But the contents of these new approaches are gaining in urgency for the individual, as well. Ever more people are searching for answers to our collective destabilization, for viable paths to a new reality, and to their own selves. This is exactly the point at which Christina Kessler's book begins. She has succeeded in a unique way in linking the theme of self-realization with the process of global change taking place now, revealing the great opportunities that such a connection offers. This scholar and scientist is fully qualified and able to take a place in the first rank of international researchers on consciousness.

Natur und Heilen

Nature and Healing – a leading German magazine on natural healing

“Cogito, ergo sum, I think, therefore I am,” Descartes' famous words have influenced our view of the world for centuries, a world-view that rests on the separation of intuition and ratio, on “either-or” logic, on limitation. We find ourselves now in a paradigm-shift that questions everything that we have taken to be true until now. A new world-view oriented towards the “greater horizon” is arising from the dialog between science and spirituality. When this new way of regarding reality enters our personal experience, our world will change in unimaginable ways. And this question follows right on its heels; are we able to overcome our limited state of consciousness and to discover who we really are? Dr. Christina Kessler, a cultural anthropologist and scholar of comparative religion, counters Descartes' “Cogito, ergo sum” with “Amo, ergo sum;” “I love, therefore I am.” In her book, which is both thoroughly researched and exciting at the same time, she demonstrates that when we recognize and realize our deepest, true self, we create a new reality based on a culture of the heart. Love is not only the driving force that lifts us up to a new, integral stage of consciousness in which there are no more “either-ors,” but rather just “both-and;” it is much more a state of consciousness that leads to knowledge of the truth, to understanding the unity that lies in diversity.

Detlef Siebert,

futurologist, author of “Wir im All –das All in uns”

„Amo ergo sum – I love therefore I am,“ by Chjristina Kessler, is a truly intoxicating book of deepest feminine wisdom that points out the way - from the pinnacle of our consciousness today - into a wonderful future that has already begun. All of humanity is invited by this book to let this future begin NOW, by means of their own self-realization. In my estimation, this work, through its convincing description of the life-affirming consequences of the mystical experience for our day-to-day existence and the clarity and directness of its approach, outstrips even the summit of the new integral paradigm embodied by Ken Wilber.

WEGWEISER, 5/2005
Magazin für Bewusstes Sein

"Ein spirituell anspruchsvolles Buch, das zeigt, wie wir unser Glück finden und eine neue Wirklichkeit schaffen können, die auf dem starken Fundament einer Kultur des Herzens ruht."

Bernhard Wallner
Complementum

AMO ERGO SUM, by Christina Kessler, impresses me deeply. This book offers a practically comprehensible answer to the questions of contemporary seekers of truth. It is a textbook and at the same time a guidebook for daily practice. It helps us overcome the functions of separation within human consciousness that manifest in the outer world as separation between individuals and peoples, between human beings and nature, and not least as the insuperable split between humanity and "God." AMO ERGO SUM makes it possible for the readers to discover the condition of wholeness and perfection within themselves, and to shape their lives independently and responsibly, from this source within themselves. The opportunities for people today and the possibility of a new reality tomorrow are impressively demonstrated here.

Esotera
Germany's leading esoteric and spiritual monthly magazine

In her book, "Amo ergo sum; I love therefore I am," the cultural anthropologist Christina Kessler has taken on the great task of distilling the essence of the theme of "self-realization" from the world's wisdom traditions and from the spectrum of scientific and scholarly disciplines, and to render this essence accessible to a wide readership in an easily understood form, free from religious denominations or culture-bound traditions and schools. Thanks to her decades-long studies and deep mystical experiences, she has succeeded in following "Ariadne's Thread" and making hitherto hidden connections and contexts visible.

Making use of this "Ariadne's Thread," she now guides her readers through a subtle process of understanding, so that the compelling logic of an integral philosophy and practice of life reveals itself to them. This process of insight and understanding is not imposed from without, but rather takes place through re-connection with one's inner voice, practically automatically.

"Amo ergo sum opens the door to a modern form of self-realization that can lead us faster and more simply to the innermost mystery, to genius and the core-essence of being human, than has hitherto seemed possible. At the same time, this book makes it clear that a positive and lasting change in this world can only happen when all of us take the chance that the special quality of our times offers us, and anchor ourselves, here and now, in our true identity. The tool of transformation is available to everyone; love.

This book should have its place on every bookshelf and become a central part of the education of a new humanity.