



An imprint of John Hunt Publishing Ltd  
www.o-books.net  
Available via Orca Book Services in the UK and Europe  
Unit A3, Fleets Corner, Poole, Dorset, BH17 0HL  
Phone: 01202 665 432  
Fax: 01202 666 219  
Email: orders@orcabookservices.co.uk

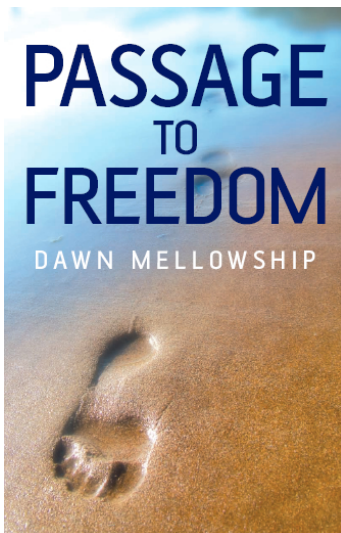
**Contact:** Dawn Mellowship  
**Phone:** +44 (0) 208 367 9158  
**Email:** [info@dawnmellowship.com](mailto:info@dawnmellowship.com)

# PASSAGE TO FREEDOM

## A PATH TO ENLIGHTENMENT

Dawn Mellowship

**Publication Date: February 2008**



Allow me to take you on a journey, the most important one you will ever take in this or any other lifetime. **Passage to Freedom** is about escaping the clutches of our human nature and embarking upon a challenging yet magnificent trail to freedom and enlightenment.

Millions of people, worldwide, are wandering the earth bogged down by the overwhelming stress of their everyday lives. The world is searching for its soul, for a better way of life. Dawn Mellowship provides the perfect remedy for obtaining peace, happiness, spiritual fulfilment and ultimately enlightenment. Dawn's words are honest and insightful, transporting you to a place called Nirvana where truth reigns free and profound wisdom is the norm, a place where we can all be, if we choose to trust in the guidance of our intuition.

Over eight sections you will be taken on a tour from humanity to enlightenment, using seven doctrines and practical exercises to foster this growth. Each section is tailored to help you achieve precise evolutionary goals, with a combination of conscious right living and innovative healing and meditation based techniques.

If you are one of those millions of people seeking a peaceful and contented life, **Passage to Freedom** is for you, offering the potential to achieve real happiness and truly accomplish your spiritual goals.

You will learn how to: deal with anger, release guilt and worry, boost your self-esteem, let go of the past, love yourself and others unconditionally, become healthier, find inner peace, enhance your intuitive connection and more.

Are you ready to cross the **Passage to Freedom**?

Passage to Freedom: A Path to Enlightenment  
Dawn Mellowship

O-books; UK£9.99; Paper; 272pp; 5 ½" x 8 ½"; ISBN 978-1-84694-078-1; **February 2008**

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

[www.o-books.net](http://www.o-books.net)

Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK



An imprint of John Hunt Publishing Ltd  
www.o-books.net  
Available via Orca Book Services in the UK and Europe  
Unit A3, Fleets Corner, Poole, Dorset, BH17 0HL  
Phone: 01202 665 432  
Fax: 01202 666 219  
Email: orders@orcabookservices.co.uk

**Contact:** Dawn Mellowship  
**Phone:** +44 (0) 208 367 9158  
**Email:** [info@dawnmellowship.com](mailto:info@dawnmellowship.com)

## AUTHOR INFORMATION

# Dawn Mellowship



Dawn Mellowship is an author, freelance journalist, ethical stylist, web designer and a Reiki practitioner and teacher. Dawn has taught Reiki to hundreds of students and treated many clients with this amazing healing therapy.

Dawn was born in the United Kingdom and studied Politics at the University of Sheffield. At twenty-four years old, suffering from a back condition and feeling disenchanting with her life, Dawn undertook a Reiki course. From that moment on her life was radically transformed. Dawn broke free from negative past patterns of behaviour, changed her entire lifestyle and dedicated herself to self-healing with Reiki and helping others through her healing and teaching work and the power of prose. Dawn says,

*"I did not know what to expect from the Reiki course but it changed my life more than I could ever have imagined or dared to hope for. I regained something very profound and infinitely precious, a connection with my soul."*

The Reiki work of Dawn and her partner, Andy Chrysostomou, has been featured in a range of publications, including: Natural Health and Beauty, Health and Fitness, Healthy, TNT and Positive Health.

In addition to her Reiki work Dawn is a freelance journalist and spent some months as the features editor of a women's lifestyle magazine called Tonic. Dawn's ethical styling work has recently featured in the Daily Mail.

Dawn Mellowship is the author of *Passage to Freedom*, a spiritual guide for life that illuminates the path to achieving happiness, personal growth and ultimately, blissful enlightenment.

Passage to Freedom: A Path to Enlightenment  
Dawn Mellowship

O-books; UK£9.99; Paper; 272pp; 5 ½" x 8 ½"; ISBN 978-1-84694-078-1; **February 2008**

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

[www.o-books.net](http://www.o-books.net)

Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK



An imprint of John Hunt Publishing Ltd  
www.o-books.net  
Available via Orca Book Services in the UK and Europe  
Unit A3, Fleets Corner, Poole, Dorset, BH17 0HL  
Phone: 01202 665 432  
Fax: 01202 666 219  
Email: orders@orcabookservices.co.uk

**Contact:** Dawn Mellowship  
**Phone:** +44 (0) 208 367 9158  
**Email:** [info@dawnmellowship.com](mailto:info@dawnmellowship.com)

## ADVANCE PRAISE FOR **PASSAGE TO FREEDOM**

*"Passage to Freedom' is an inspiring title that combines a spiritual treasure trove of wisdom with practical exercises accessible to all of us for use in our daily lives. Illustrated throughout with clear instructions, the information and inspiration emanating from Dawn Mellowship is a major achievement and will certainly help all readers gain insight into the way through and around life's problems, worries, and our own emotional, spiritual and physical difficulties."*

**Sandra Goodman PhD, Editor and Director, Positive Health Magazine, [www.positivehealth.com](http://www.positivehealth.com)**

*"There are many books out there, the secret is to read the right ones. Dawn has written one of the right one's. May her wisdoms remind you of who you truly are. This book is your precious pearl of wisdom."*

**Andrea Foulkes, Celebrity Past Life Regression Expert on uk tv's ITV1, Founder - Soul Freedom Therapy  
®, [www.andreaoulkes.co.uk](http://www.andreaoulkes.co.uk)**

*"In a world that moves faster by the day it is refreshing to be shown a path that slows down the pace of life and encourages reflection. Dawn writes directly, powerfully and eloquently on the fundamental issues of spiritual enlightenment and finding your 'inner-truth'."*

**Adam Smith, Chief Executive, Adili, [www.adili.com](http://www.adili.com)**

*"Dawn takes us on a deeply spiritual yet very grounded journey to finding our true path in life and being the best we can possibly be - written from the heart!"*

**Sara Turner Flower Essence Consultant and MySpirit Radio Presenter**

*"For anyone on a soul-finding mission, this essential guide will help steer you on your journey to enlightenment."*

**Charlotte Smith, Editor, Natural Health Magazine, [www.naturalhealthmagazine.co.uk](http://www.naturalhealthmagazine.co.uk)**

Passage to Freedom: A Path to Enlightenment  
Dawn Mellowship

O-books; UK£9.99; Paper; 272pp; 5 ½" x 8 ½"; ISBN 978-1-84694-078-1; **February 2008**

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

[www.o-books.net](http://www.o-books.net)

Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK



An imprint of John Hunt Publishing Ltd  
www.o-books.net  
Available via Orca Book Services in the UK and Europe  
Unit A3, Fleets Corner, Poole, Dorset, BH17 0HL  
Phone: 01202 665 432  
Fax: 01202 666 219  
Email: orders@orcabookservices.co.uk

**Contact:** Dawn Mellowship  
**Phone:** +44 (0) 208 367 9158  
**Email:** [info@dawnmellowship.com](mailto:info@dawnmellowship.com)

## SAMPLE MATERIAL FROM

# PASSAGE TO FREEDOM

### **PREFACE**

The world of the twenty-first century is such a thirsty world. Sometimes, this thirst is beautiful because millions of people are embarking upon a spiritual quest, searching for the true meaning of life, searching for their souls. At other times, the thirst is agonising because people are needlessly suffering at the mercy of other humans, or at the mercy of their own corporeal misery. We all have the power within us, to be set free.

Frequently we misunderstand freedom, but when freedom is truly found, it is exquisitely beautiful, too beautiful to express in the poverty of language. The passage to freedom can be discovered by attaining 'oneness' or 'completeness,' by connecting with our higher selves, the long suffering souls that throughout our lives endure our very often detrimental physical existence.

To connect to these souls can involve embarking upon a long arduous journey, or merely taking one simple step forward. That really depends on us. The easy answer is 'seek and you will find.' Whoever bravely sets foot on the journey to enlightenment, if they are earnest in their searching, will rightly be shown the way. However, so many people miss the signs they are given, or are so distant from their higher selves that their reaching out is fruitless, because they are utterly blind to the truth. Most people are unaware that they are walking around in a dream, utterly drunk on their physical existence. It is only when we are connected with our higher selves, our true Divine nature and the Universe that our eyes are opened wide and we awake from our slumber.

*"With this book I cordially invite you to take a journey with me. I invite you to be free. Whoever wishes to take this path read this book and follow me."*

*Dawn Mellowship*

Passage to Freedom: A Path to Enlightenment  
Dawn Mellowship

O-books; UK£9.99; Paper; 272pp; 5 ½" x 8 ½"; ISBN 978-1-84694-078-1; **February 2008**

O is a symbol of the world, of oneness and unity. O Books explores the many paths of wholeness and spiritual understanding which different traditions have developed down the ages. It aims to bring this knowledge in accessible form, to a general readership, providing practical spirituality to today's seekers.

[www.o-books.net](http://www.o-books.net)

Editorial office: O Books, The Bothy, Deershot Lodge, Park Lane, Ropley, Hampshire, SO24 0BE, UK