



# Awakening in Time : The Journey from Codependence to Co-Creation

*Jacquelyn Small*

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## **Awakening in Time : The Journey from Codependence to Co-Creation** Jacquelyn Small

Hailed as one of the best books "out there" on codependence, Awakening in Time is transforming the way codependence is perceived and healed. A pioneer in psychological and spiritual approaches to addiction, Jacquelyn Small integrates ideas from the Twelve-Step recovery movement, Jungian thought, Western Mysticism and Eastern thought to create a path-breaking new synthesis. She shows that "codependence," rather than being a term that labels and limits us, is a spiritual crisis with a sacred purpose - and a spiritual solution. Awakening in Time includes exercises, ritual, and guided imagery and explores such unique and healing ideas as:

- Codependence and the shadow self: only by embracing harmful patterns and past hurts can we let them go
- The seven steps of dis-identification to release addictive behaviors
- How codependent urges - the urge to control, the urge to excite, the urge to merge - can be transformed into positive spiritual powers
- Heartwork: the process of opening to one's unique creativity, the ultimate healer of codependence.

Reading Awakening in Time, we find ourselves imbued with the seeds of transformation that open us to the innate possibility that we can create lives free from addictive patterns of behavior. We can walk through - then beyond - past hurts that are keeping us stuck in limiting views of ourselves, our relationships, and our everyday world. Now, with eyes and hearts wide open, Jacquelyn's words inspire and guide us right to the precipice of our dawning new future. There it is up to each one of us to step out and embrace the greatest mystery of all, our own Soul's purpose...

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