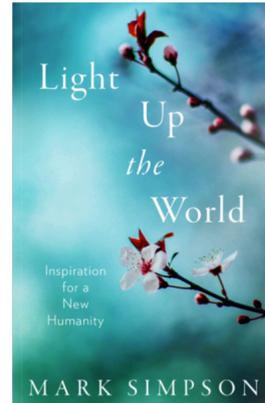


Light Up the World - Information Sheet (Australia)

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Author: Mark Simpson
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OCC019000 **BODY, MIND & SPIRIT** / Inspiration & Personal Growth
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Description

Light Up the World is a beautiful collection of inspirational poetry and prose to encourage individual and collective awakening and transformation. Full of wisdom, it offers vision for the realisation of our greatest human potentials - to change our inner and outer worlds by following our heart and leading with greater love.

Light Up the World encourages new ways of being in ourselves and in the world. It is a timely contemplation that points to the truth of who we are and what that means for each of us and for humanity as a whole. It explores themes of love, silence, courage, nature, body, mind and spirit as well as soul and heart-based leadership.

Both visionary and lucid, it is a reflection on a universal process of emergence and coming to understanding. It is a call to follow our hearts in order to build a kinder, more equitable and sustainable world for all.

As with our own being, so too these words hold the seeds of potential of everything we need to realise the ever-present truth of who we are, and to support awakening for all. The fruits are greater presence, awareness, authenticity and compassion.

Light Up the World encourages us all on the path of greater self-inquiry and action towards peace, compassion and loving service. Ultimately, it is a book about personal and collective truth, empowerment, wisdom, and waking up to our true nature.

The journey starts within.

Readers who like the work of Brené Brown, Eckhart Tolle, Elizabeth Gilbert, Deepak Chopra, Rupi Kaur, Gabor Mate, Russell Brand and other luminaries will enjoy the unique insight and inspiration of this journey of personal and collective transformation.

Back cover blurb

At a time when authentic words of wisdom are in short supply, there is one single clear, wise voice. It is the voice of our own heart.

Light Up the World is a collection of poetry and prose to inspire new ways of being in ourselves and in the world. It is a timely contemplation that points to the truth of who we are and what that means for each of us and for humanity as a whole.

Both visionary and lucid, it is a reflection on a universal process of emergence and coming to understanding. It is a call to follow our hearts in order to build a kinder, more equitable and sustainable world for all.

With wisdom and insight to support our awakening and live more deeply connected and empowered lives, *Light Up the World* encourages us all on the path of greater vision towards peace, compassion and loving service.

The journey starts within.

About the Author – extract from the book - *Light Up the World*

Mark Simpson is an inspirational speaker and writer committed to raising personal and collective consciousness. Originally qualifying and practicing as a lawyer, Mark is now a yoga and meditation teacher who encourages transformation, healing and awareness. His work invites and supports individual and organisational growth and visionary leadership that is based on compassion, kindness, empowerment and inclusiveness.

He is the author of a soon to be released accompanying collection of poetry entitled *Waking World* and a forthcoming work on the integration and embodiment of heart-based leadership and applied wisdom.

He lives in Perth, Western Australia.

For more detailed information visit www.marksimpsonbooks.com

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