

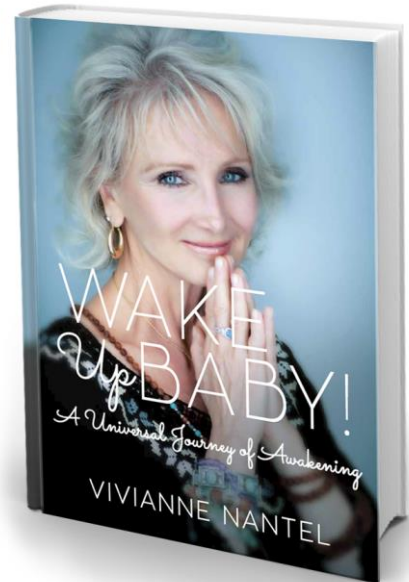
# Wake Up, Baby!

*Coming 2017*

“The more we care for the happiness of others, the greater our sense of well-being becomes. Cultivating a close, warmhearted feeling for others automatically puts the mind at ease. It is the ultimate source of success in life.”

His Holiness the Dalai Lama

From untruth to truth, darkness to light, ignorance to enlightenment, this has been my journey with Yogiraj Gurunath Siddhanath, His Holiness Sri Sri Ravi Shankar, His Holiness the Dalai Lama, and Sadhguru Jaggi Vasudev.



I realized I wrote ***Wake Up, Baby! A Universal Journey of Awakening*** over the last eight years of my life with this sole inspiration and guidance held in the deepest secret chamber of my heart, in the hope of helping other suffering living beings.

This book is more than just a spiritual memoir; it is an odyssey into the beyond. ***Wake Up, Baby!*** is the true story of my voyage on this planet, the profound cry of one who desperately longed to go beyond the physical dimension and find existential truth and her path to liberation. It is a story of duality and transcendence expressed in all its nuances, a colorful spectrum of the human condition from the deepest suffering to the blissful and ecstatic Samadhi state.

The journey is a universal one. Anyone who seeks well-being, happiness, love, serenity, blissfulness, ecstasy, inclusive consciousness, belongingness and truth can find a gateway in to explore and embark on their own inner voyage.

It is my deepest and sincerest hope this book will provide an open window into a world of transformation, happiness, insights, inner discovery, ecstasy and bliss, whatever your chosen path. If you are already on a spiritual quest, a journey for ultimate well-being and enlightenment, may you find inspiration, courage and insights in this book.

Read an excerpt of *Wake Up Baby!* at  
[viviannenantel.com/book-excerpt-wake-up-baby/](http://viviannenantel.com/book-excerpt-wake-up-baby/)

*“I was very moved by your writing and I am sorry that you experienced cancer, but was extremely touched and moved by your experience and pleased that you have overcome it. Your writing is extremely inspirational. There is deep sense of spirituality in your work. Light of Oneness article was exciting, conjured up rich images, truthfully stated the trials and tribulations in your life and underlying it all was the true sense of “feminine” principle. I was also struck by the way you interwove yogic principles and universal teachings-a subjects close to our hearts. The honesty in your writing is touching. Also thank so much for your gracious work of art. You are very talented and an important voice for these contemporary times. We are honored that you are able to share your work.”*

*Ms. Halima Malik  
Chief Deputy Editor,  
Yoga Magazine, London, England  
Yogamagazine.com*

[viviannenantel.com](http://viviannenantel.com)