

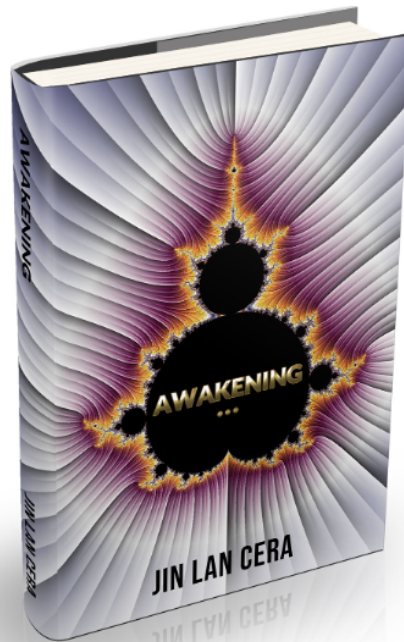
Traversing Science & Spirituality: Unveiling of Audiobook, 'Awakening...', By Jin Lan Cera

*-True Stories of Her Spiritual Awakening
As An Atheist*

BROOKLYN, NY, UNITED STATES, May 21, 2025 /EINPresswire.com/ -- Jin Lan Cera, a Chinese American author known for her introspective and philosophically rich narratives, has released the audiobook version of her acclaimed memoir *Awakening...*, now available on Amazon. This latest edition presents an opportunity for a broader audience to engage with her work, which intricately explores the convergence of science, spirituality, and personal transformation.

Born at the onset of the Cultural Revolution in China, Cera's early life unfolded in a context largely devoid of religious or spiritual instruction. Raised in an environment that favored rationalism and skepticism, she pursued a practical academic path, earning a B.A. in Economics from Wellesley College and an A.A. in General Studies from Western Nevada College. Her academic and professional background spans both the United States and China, providing a unique cross-cultural lens through which she views the world.

In *Awakening...*, Cera charts her journey from atheism to spiritual engagement following a series of personal challenges. These included deteriorating health, the end of a 16-year marriage, and confronting joblessness and homelessness. These catalytic events led her to the teachings of the Law of Attraction by Esther Hicks and prompted her to begin an in-depth examination of the law's implications, as she could not accept any belief without concrete evidence. She had no idea that searching for truth could lead not only to abundance but also to the path of Self-Realization. Cera reflects, "Awakening... documents my transformation from a seriously troubled atheist to my eventual spiritual awakening and embracing the profound Buddha's teachings. I had no idea what I was and what the purpose was for me to come into this world."



Awakening..., Memoir By Jin Lan Cera

“

Awakening... is an unrivaled gem in spiritual literature—one for anyone's bookshelf if they wish to develop personally, become enlightened, and draw closer to the universe. ”

Nelson Joseph Peter

Her exploration into the oneness of consciousness and matter offers a compelling and scientifically grounded narrative on the essence of the Universe and life. “The most valuable treasure of this book isn't my stories but the credible citations of those miraculous life science discoveries that inspired me to revisit those ancient religious scripts which I rejected for 56 years,” Cera expresses.

The memoir stands out for its integration of personal narrative with scientific inquiry. Reviewers have

consistently praised the book for its synthesis of contemporary scientific studies and ancient spiritual teachings. For example:

“Awakening... is a deeply enriching book that offers a unique blend of personal narrative, scientific exploration, and spiritual wisdom. Cera's journey from skepticism to enlightenment is a beacon of hope and inspiration for anyone on a quest for deeper meaning in life. Her ability to bridge the gap between science and spirituality makes this book a must-read for both skeptics and believers alike,” commented Khama Shetty.

“Awakening... is an intriguing book that kept me reading and made me want to know more about what would happen next. I was surprisingly amazed at how the author narrated some of the extraordinary events and practices that are done by YouTubers and scientists mentioned in the book and even went ahead and gave scientific explanations. I loved how the author mentioned several YouTubers whose content she discovered during her research. This made it easy to check them out and better comprehend her writing,” commented Night Clouds.

“Awakening... is a thought-provoking read for those interested in personal growth and alternative spiritual perspectives. By combining personal experiences, scientific references, and Buddhist teachings, Cera offers a roadmap for aligning thoughts, actions, and goals to achieve a more fulfilling life,” commented R. Chinaza Onwuka.

“Ultimately, Awakening... is an unrivaled gem in spiritual literature—one for anyone's bookshelf if they wish to develop personally, become enlightened, and draw closer to the universe. I rate it five stars and recommend it to all spiritual seekers on the way to self-realization,” commented Nelson Joseph Peter.

Cera's willingness to share intimate and often painful episodes adds a layer of authenticity to the work that resonates with many readers. She recounts moments of guilt and helplessness during her father's final hospitalization, including the pain of being unable to visit him immediately due to pandemic travel restrictions. These passages not only reflect the rawness of her experience but also illustrate her discovery of the power of mantra, prayer, and related practices.

The audiobook format enhances the immersive quality of Cera's story. Her lyrical prose, described by some reviewers as evocative and poetic, is well-suited to the spoken word. The clarity of narration and seamless flow of ideas make the complex themes approachable, even for those new to discussions at the intersection of science and spirituality.

While *Awakening...* has received overwhelmingly positive feedback, some reviewers have noted that the concepts discussed may require readers to step outside their comfort zones. The book's appeal is most potent for those open to exploring unconventional perspectives and integrating them into their understanding of personal growth.

Cera has indicated plans to continue sharing her new discoveries and progress through future publications and active engagement on social media platforms. Her stated goal is to build a community of individuals committed to spiritual exploration, shared meditative practices, and the cultivation of wisdom through dialogue. Her approach is inclusive, inviting readers from all spiritual backgrounds to embrace the grand harmony of life and expand our horizons.

Jin Lan Cera's *Awakening...* presents a compelling case for integrating modern scientific understanding with timeless spiritual teachings. The audiobook version brings a new dimension to this work, allowing listeners to engage with her message in a more personal and reflective format. Through this narrative, Cera offers not only her own transformation as a blueprint but also an invitation to others to begin or deepen their own journeys of awakening.

For more information about Jin Lan Cera & her work, visit: PowerThought.us.

The audiobook [Awakening...](#) is available for purchase at,

https://www.amazon.com/Audible-AWAKENING/dp/B0F8F2TFLY/ref=tmm_aud_swatch_0

Anyone who bought the audiobook may ask her for a [free ebook](#) that includes the most valuable citations, from: Powerthought.us

Everyone is welcome to connect at Cera's YouTube channel @avalokiteshivara, or at X.com @jinlancera.

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Jin Lan Cera
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