M. K. Ettington Books

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December 2025

December Book Spotlight One:

Bridging Spirit and Science

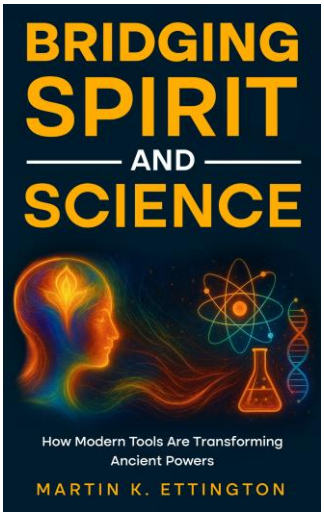
I have lived my life in the middle of this divide. Trained as an engineer and scientist, I was taught to trust logic, mathematics, and experimental proof.

Yet my personal experiences — from moments of prophecy to direct awareness of subtle energies — convinced me that there is more to reality than conventional science admits.

For years I tried to keep the two worlds separate: the rational and the mystical. But over time, the boundary dissolved. I realized that both perspectives describe the same universe from different vantage points.

My work, and this book in particular, is about restoring the unity that once existed between them.

The purpose of this book is not to replace science with mysticism, nor to reduce spiritual experience to chemistry or neurology. Rather, it aims to show that consciousness, energy, and matter are aspects of a single integrated system.



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