

## ***Awaken Your Soul***

**John Drury**

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John Drury believes that we spend too much time hiding our souls under the masks we wear for other people. A successful businessman with a wonderful family, John built a life for himself that looked great from the outside. But when he began a journey of self-discovery, he found that he was selfish, a liar, and a cheat. He had buried his soul under an avalanche of false faces.

Drury decided to turn his life around and began searching for his true spirit. As he moved from identifying his own masks to reclaiming his soul, Drury found that creating visual art served as an outlet for emotion and a tool for self-discovery. That art is presented here with comments about Drury's own life and questions to help others begin their own discovery process.

*Awaken Your Soul* is not a self-help book in the conventional sense, but rather a scrapbook of one man's journey. The book is loosely organized into the steps that Drury took on his own path toward discovery: identifying his masks, reclaiming himself, allowing himself to feel, growing in maturity, and exploring faith, love, and passion. Each chapter begins with a short recap of Drury's own experience with that topic. A collection of art explores the topic in greater detail, and questions at the end of each section encourage the reader to start his own work.

The art here is intensely personal, a conglomeration of photographs, computer manipulations, multimedia, and poetry. Anyone who has done self-discovery work will recognize the raw emotions manifest in these pages. Fear, doubt, soul-shaking questions—they are all revealed here, sometimes in chaotic color, other times in stark black and white.

Drury speaks of mining for one's soul—an apt metaphor, given that our true passions and purpose are often buried beneath our hurts and disappointed expectations. Drury encourages the reader to be a "soul miner;" a small illustration of a miner serves as a guide to the discovery questions included. *Awaken Your Soul* is not so much a guide to self-discovery as it is an encouragement from a man, who found himself, to others who are searching. Those engaged in their own soul mining process will find solace and inspiration in these pages.

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