

Jack Holland Testimonial

To my mind, there is no question but that Dr. Pecci has truly spoken with God, i.e. the Holy Spirit. It is a great gift to society that Dr. Pecci is willing to share his “talks” with all of us. Certainly he has proved the importance of meditation in becoming conversant with the Infinite Mind. Every question that Dr. Pecci asks God is given a very real answer through his meditations. So many times in reading this book I found the answer to some question that had been with me for many years of meditation and prayer. One such is “What should I do when unhappy thoughts of the past bubble up when I meditate?” The answer given to Dr. Pecci is so thoughtful and so profound that it could come from only one source: God. Not only does the book provide answers to many questions, but also it has great insight as to how to make such a conversation by oneself—all done with psychiatric know-how.

Truly, in reading this book—and one that I will read many times—I was profoundly affected and realized that Dr. Pecci in his meditations has received answers from God. I am enriched by this marvelous sharing of Dr. Pecci’s meditations.

Jack H. Holland, MBA, PhD
Emeritus Professor of Management
San Jose State University

Testimonial by Meji Singh, PhD

Dr. Ernest F. Pecci is a pioneer in developing body, mind and spirit integration techniques. About forty years ago he developed a highly effective Process (Psycho spiritual Integration), to take his patients on a journey toward total healing. At the same time, to encourage and train other mental health professionals to expand their psychotherapy practice, he founded the Rosebridge Graduate School of Integrative Psychology.

Reading his very concise book: *Rise Above It*, gave me a twofold benefit. It showed me a very simple path of meditation to have God be with me and to tap into my own inner wisdom. Also, Ernie shared the pearls of wisdom that he discovered on his inner journey that address the most crucial questions of our life journey ranging from Approaching God as an Innocent Child to the Importance of Making A Beginning to Discovering the Causes of Tension.

This book sums up answers to very complicated questions in a concise fashion that stimulates our thinking. It makes statements that meant are for daily contemplation and not for just casual reading.

This book is a great gift for those who take life's journey seriously and want to find peace within and harmony around them. It integrates Eastern spiritual practice with Western religious experience.

Meji Singh, PhD
President, Ik Onkar Peace Foundation
Author of: A Sikh's Paradigm for Universal Peace.

Dr. Leichtman Testimonial

This book is an excellent description of meditation and how to use it to discover and embrace our spiritual self. It also clearly describes how our ego interferes and resists our effort to find liberation from suffering. Dr. Pecci provides a step by step method for explaining how we can use meditation to overcome each of these barriers to our wholeness.

I find this book to be well organized with simple, short passages that go right to the point of important issues. Well done.