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GOING DEEPER

How to Make Sense of Your Life When Your Life Makes No Sense

by Jean-Claude Koven

(Prism House Press, 2004, ISBN 0-9723954-5-8, hardcover, 6 x 9, 430 pages, \$24.95)

“Mythic and Masterful”

—*Jean Houston, Ph.D., Director of The Foundation for Mind Research*

Author Biography

A conventional snapshot of Koven’s life would show he was born in 1940 in Villeneuve-sur-Lot, a market town halfway between Toulouse and Bordeaux in France. Koven’s French father fought in both world wars, and married his German mother in Paris. “Jewish was not the politically correct choice in France in the early 40s,” says Koven. “So my parents fled the Germans by going to North Africa. From there we made it to Brooklyn on a Portuguese fishing boat, and it was just a short jump to Manhattan, where I grew up. I like telling people that I had the benefit of growing up on a small island—just two miles wide by less than 13 miles long.”

An only child, Koven attended the prestigious Bronx Science High School in New York, then enrolled at MIT where he “majored in bridge and sailing” until he was told he needed to grow up a little before continuing his higher education. He then went to New York University, but “I changed my major so many times, I never graduated. I’m not too certain I ever grew up, either.”

After a stint as a medic in the Army Reserves, Koven went to work in the research department of an advertising agency in New York. But his restless spirit began whispering to him about greener pastures, and he began his entrepreneurial life in the early 1960s, living in both the U. S. and Australia.

However, if one were to look more deeply into the conventional photo, at the subtle energy fields and auras of depth and mystery surrounding this photo, one would see something else. His outer life has, in fact, been a mere cover for an impressive spiritual curriculum that has lasted some 40 years. From an early age, Jean-Claude met and was tutored by a host of “winkers,” a term he uses to describe people who have awakened their spiritual consciousness. Koven uses several pages in his Acknowledgments

(more)

section of his book to thank many of his incredible teachers, mentors, and guides, each of whom expanded some aspect of his consciousness. A short list includes superminds like Long John Nebel and Lester del Rey; writers like Isaac Asimov and Ray Bradbury; Scientologist founder L. Ron Hubbard; rebirthing pioneer Leonard Orr; transpersonal psychologist Stanislaus Grof; and Buddhist meditation teacher Jack Kornfield.

Koven met and learned from many others during his travels around the world, including African Shamans, psychic healers and channels, esoteric teachers and gurus of nearly every description. Along the way, Jean-Claude had numerous encounters with the Oneness of Creation, being tutored directly by this energy of pure consciousness about the nature of existence and the purpose of human life.

Koven, who now lives in California with his wife, Arianne, is totally passionate about *Going Deeper*. “This is what I came to the planet to do” For years, Koven had been containing his desire to burst forth in some way that would enable him to share his knowledge of life and spiritual matters. Then, in 2001, on a weekend visit with his longtime friend, communications coach Jack Barnard, his desire finally merged with action. They were out for breakfast.

“Get out a pen,” Jack said. “If you were going to write a book, what would you put in it? And when would you begin?”

Koven started jotting down content ideas and ultimately signed a paper napkin, agreeing to write from 7:30 to 9:00 six mornings a week. However, once he began, the muse met him almost from the first day, and he got so engrossed by the flow of the story, he wrote considerably more than originally planned.

“The book just found its own starting point and took off,” he recalls. “It followed its own course, and the best I could do was to just hold on. Even now, with the book done and about to be released, the ride hasn’t slowed at all; in fact, I’m busier than ever promoting the book and getting the message out. This is truly an amazing adventure. I’ve even let go of ‘holding on.’ The best thing is to open to the Mystery and let it take you where it wants.

And that is sound advice for the legion of readers who are about to take the adventure of a lifetime.

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