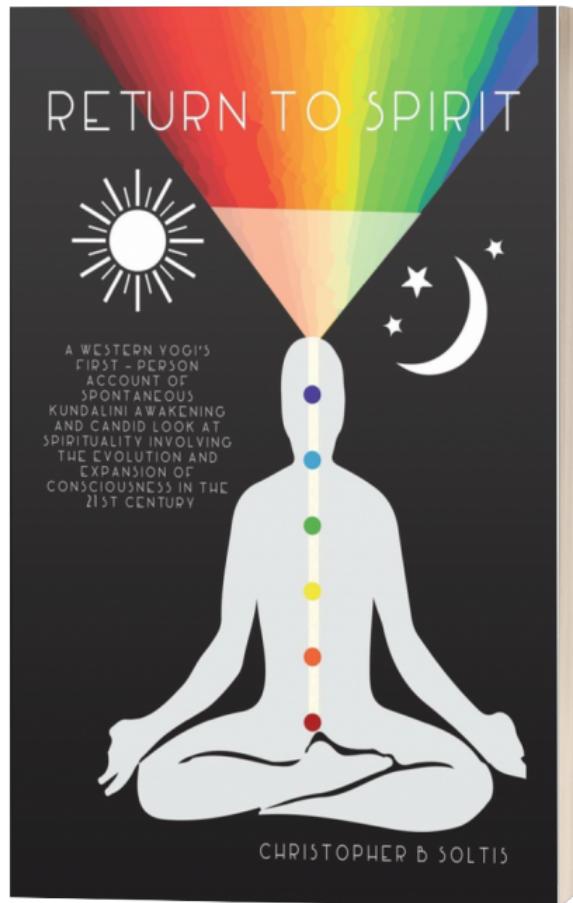


# Return to Spirit Explores Awakening, Healing, and Higher Consciousness

Christopher B. Soltis shares a transformative journey through Kundalini awakening, resilience, and mindful living



**Los Angeles, California Jan 13, 2026** ([IssueWire.com](http://IssueWire.com)) - *Return to Spirit* by Christopher B. Soltis is a reflective and deeply personal exploration of spiritual awakening, centered on the rare yet attainable phenomenon of spontaneous Kundalini activation. Written for readers seeking a deeper understanding of consciousness, as well as practitioners of yoga, meditation, and other spiritual disciplines, the book offers an accessible and grounded perspective on inner transformation.

The narrative follows Soltis's life journey through periods of depression, substance abuse, chemical dependency, and financial hardship. Rather than presenting spirituality as an abstract concept, the book illustrates how faith, patience, love, perseverance, and mindfulness can serve as practical tools for navigating life's most challenging moments. Through disciplined self-examination and spiritual practice, the story charts a gradual emergence from darkness into balance, health, and purpose.

At its core, *Return to Spirit* emphasizes the connection between heart, mind, and body. The book demonstrates how inner awareness and spiritual energy can fuel meaningful change and unlock extraordinary potential. Soltis's experiences highlight the role of conscious living in fostering resilience, personal responsibility, and long-term growth, offering inspiration to those pursuing higher states of awareness and self-realization.

Christopher B. Soltis brings a multifaceted background to his work. Raised in New Jersey, he has cultivated a lifelong passion for music, creativity, and exploration. He is a Certified Financial Planner registrant, a certified Vinyasa yoga instructor, expert level Reiki certified, multi-instrumentalist, and recording artist. His interests span travel, sports, outdoor activities, and community, all informed by a deep commitment to yoga philosophy and holistic well-being.

*Return to Spirit* presents a thoughtful account of spiritual evolution grounded in lived experience. It stands as an encouraging guide for readers drawn to mindfulness, healing, and the pursuit of deeper connection, affirming the belief that human potential is expansive and that transformation remains possible through intention and inner work.

## Media Contact

Olympus Story House

\*\*\*\*\*@olympusstoryhouse.com

(818) 860-4130

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