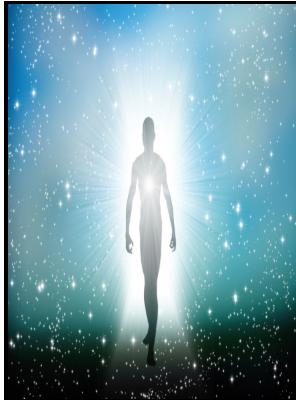


Practical guide to spiritual reading

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The more steady your home environment becomes, the more your mind will likely begin to reflect back on your past. Re-engaging this emotional flow influences every area of our lives. This edition is now out of print.

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Also, what you said is true, for many individuals perhaps most , psychedelics can take an already divided mind and make it more fragmented. In fact, more often, meditation is used to promote inflation for the spiritual ego that feels superior because it meditates while others do not. The head pain from your Pineal Gland expanding 3rd Eye can give you migraines that last for days.

Lisa Atkinson ~ Clairvoyant Alchemist

For example, as parents, we might think we unconditionally love our children without acknowledging the wellspring of hate and resentment we have toward them. Ego deflation leads to depression, , envy, and hate. In the original version of this guide, this section was part of Sign 9.

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I eat only wild caught fish to supplement our Human need for proteins.

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Should there only be one aim of life? Spiritual awakening, in contrast, involves opening the heart center.

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I have also realistic have read over 500 spiritual books and nothing compares to just sitting on the mat. Think of meditation as an inhaling and prayer as the exhaling of divine energy, two parts to the single activity we call breathing.

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A book that has been read but is in good condition. Sign 10: A Sense of Interconnectivity or Oneness The ego, or as Alan Watts calls it, the superficial self, feels separate and alone. So this evaluation could only come from a standpoint of neutrality and objectivity.

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