



Powerful Wisdom: Your Enlightenment Is Closer Than You Think (Paperback)

By Kurt Arrow

Ricarson-Hewett Press, United States, 2013. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.Would you like to just blink your eyes and be completely stress-free, incredibly happy and content with your life? You can! Try it. Then try some of the following, while being subconsciously aware how you feel. Look around you and name all the objects that you see. Smell the air and try to identify the odor. Listen to all the noises. Touch something and feel the texture. It is a 100 guarantee that you will feel completely stress-free, happy and content. See if you can do it without naming things. Simply be aware of your surroundings, right here, right now. Living in the moment is your key to unconditional happiness and enlightenment. It s as simple as that. We have somehow evolved into very complicated beings and we just can t see the forest through the trees. Deep down, we want simplicity. We want quick and easy solutions. We want to feel unconditionally happy, peaceful and relaxed, and so we keep searching for ways to make it happen. You re not much different than I was or...



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Reviews

Very useful to all of class of people. It is really simplified but unexpected situations within the 50 % in the ebook. I am delighted to let you know that this is actually the best book i have read in my personal daily life and can be he finest ebook for at any time.

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