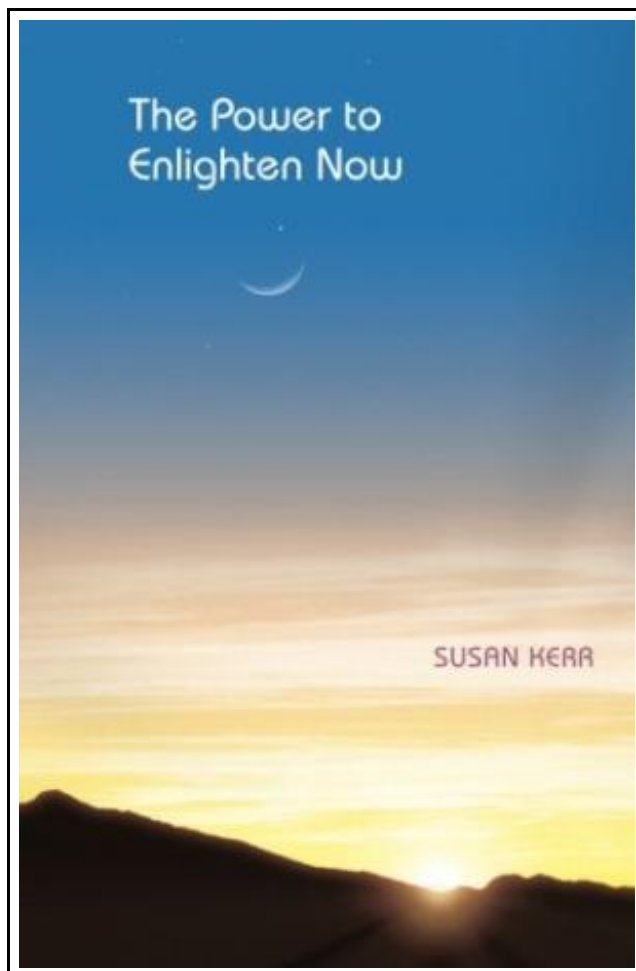


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Reviews

*Basically no phrases to describe. I was able to comprehend everything out of this published ebook. You can expect to like the way the author compose this ebook.
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Blue Dolphin Publishing, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. The mystery of enlightenment has eluded scholars for centuries. In this concise book, Susan Kerr breaks through the illusion and confusion to bring to light the underlying secrets of this ancient knowledge. In a clear and concise manner she explains: Exactly what enlightenment is, How to become enlightened yourself, and What to expect in the process. Her ideas are based on her own experiences. She makes the process seem simple and shows that enlightenment is not just a goal for gurus and monks, but for anyone interested in self-realization—that is, experiencing the fullness of who we really are. Enlightenment was once described by a Tibetan lama as a new way of looking at everything. This new view, however, involves clearing and liberating the encapsulated power held in our emotions over our lifetime. Ms. Kerr suggests that the quickest path to enlightenment is through our feelings—the direct, raw experiences as felt in the very moment of occurrence—before thoughts get in the way. These feelings still hold the power of the initial experience—whether painful, traumatic, or even joyful—and in liberating them, we clear our souls to see and feel in new ways. In her words, Enlightenment is all about love, and love can only be felt. Therefore, the only way to know enlightenment is to feel it! This clear little book contains the essence of what the Masters have been sharing for centuries—but only those who are brave enough to face themselves in the mirror, and experience themselves fully, will discover the prize we all have inside us. -David Hay, M.D., retired I first read this book three years ago, before it was published. The author is so direct and correct, so clear, personal, honest and truthful, that her message actually released in me the power she describes—and it...



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