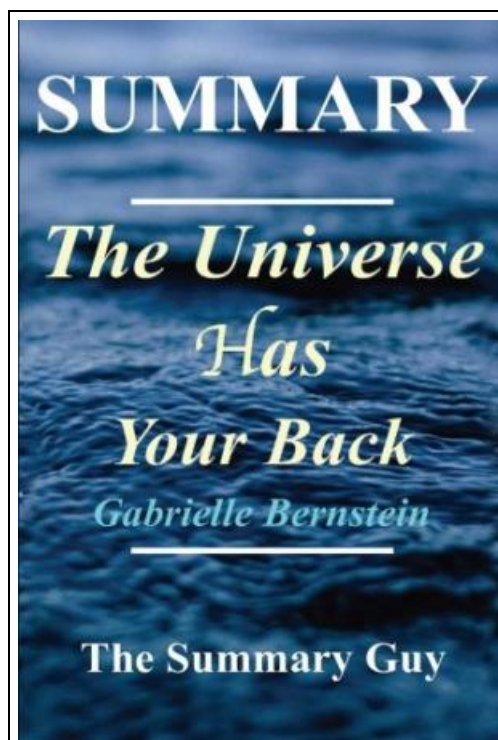


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On Demand Publishing, LLC-Create Space, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Universe Has Your Back: A Complete Summary The Universe Has Your Back opens with Bernstein s short intro. As a teenager, she had problems with depression. Her mother was a hippie and yogi, and she coached Bernstein into the habit of meditation. During one session, she experienced a blanket of peace, filled with loving energy, tingling in her body. But because she failed to constantly practice meditation and draw power from it, she succumbed to drugs and alcohol and soon hit rock bottom. However, she knew that she needed a way out of those habits, so she started practicing meditation and mantra. Since that day, Bernstein has been on a spiritual journey. She wanted to empower her relationship with the true source of love. She says that some people call this God, a spirit, a truth, or a consciousness. Some people simply refer to this as The Universe. Here, she states that pursuing this connection to love needs to be a personal commitment for each person to make. She also felt that the root of all unhappiness is in not seeing where true happiness exists. Some people try to find happiness in material things. Some try to find it in religion without properly understanding the religion and things they say when they pray. Others turn to meditation and try to connect themselves with their inner being. The most important connection that each person needs to discover, accept, and maintain is connection with the true source of love. Only when we return to our true source we will find true happiness, joy, and true love. To be continued. Here Is A Preview of What You Will Get: A summarized version of...

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