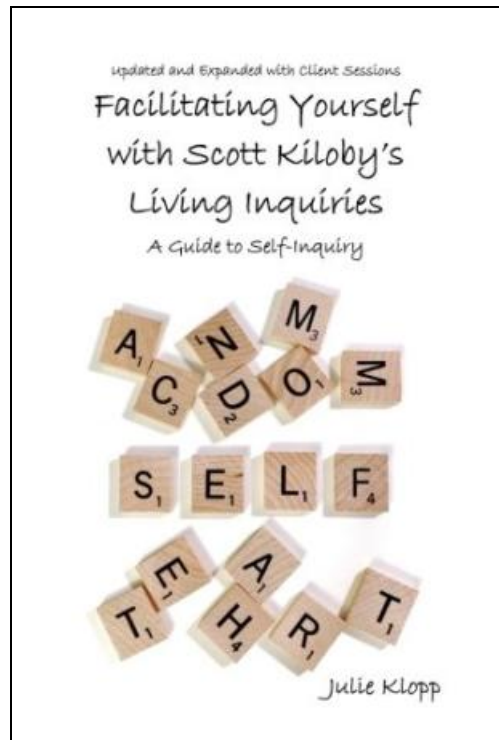


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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 92 pages. Dimensions: 9.0in. x 6.0in. x 0.2in. Many spiritual traditions recommend inquiry as a way to understand oneself and the nature of reality; however, at least in my experience, how to actually go about that inquiry was often left rather vague. For many years I struggled with suggested questions such as Who am I, never really getting beyond the web of beliefs that create a personal, suffering self. Without a workable structure, such questions were just mental gymnastics and offered no freedom. The purpose of this book is to provide a practical and effective method for examining the beliefs that create bondage and suffering, whether those viewpoints cause spiritual seeking, create a need to engage in an addictive substance or activity, cause a sense of anxiety or depression or create issues in personal relationships. It covers the Unfindable Inquiry, Anxiety Inquiry, Compulsion Inquiry, the Boomerang and Panorama, working with body energies and pain, and much more. UPDATED AND EXPANDED VERSION This item ships from La Vergne, TN. Paperback.

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