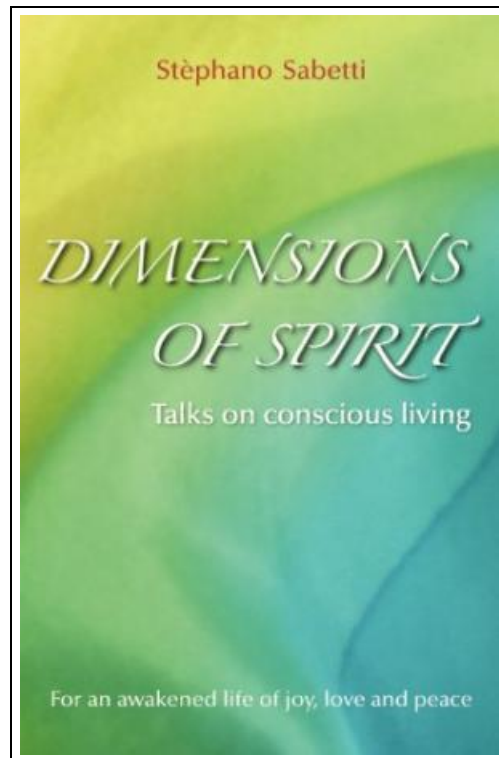


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Life Energy Media. Paperback. Condition: New. 214 pages. Dimensions: 8.4in. x 5.4in. x 0.7in. Most of us live out our lives under the deeply embedded assumptions that reason and ultimate reality or truth exist. We therefore attempt to apply our best understanding of that reason to all that we do in daily activities, personal relationships and our attempts to find some best fit in society, based on our capabilities and limitations. In *Dimensions of Spirit*, Stephano challenges this so-called rational view to the world, suggesting that its an illusory concept based on faulty assumptions contrived by our egos misguided attempts to be loved. But these ego notions, tied to thoughts, can never point us to our essential, internal joy, happiness and spirituality in the world. Therefore, they cause us to settle for the illusions of being as important and successful as possible, based on so-called material achievements, possessions and some overall sense of desirability. Using some basic topics such as joy, happiness, and freedom, Stephano directly though gently confronts our need for this dualistic and fearful lack of wholeness in our lives. He shows us that the answers to our essentialness are already in us and need to be expressed. The key involves a quantum shift in perspective from what he collectively calls the I (the ego-driven thoughts of the head), to living from the heart and the hara (our center). The shift is dramatic because by listening and responding to what our core is telling us in life messages, we immediately move from a world of duality to one of unity. Since we are no longer manipulated by the gymnastics of the ego, no decisions are necessary per se. Instead, we begin to gradually substitute living ground for memories of the past and projections of the future. This allows us...

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