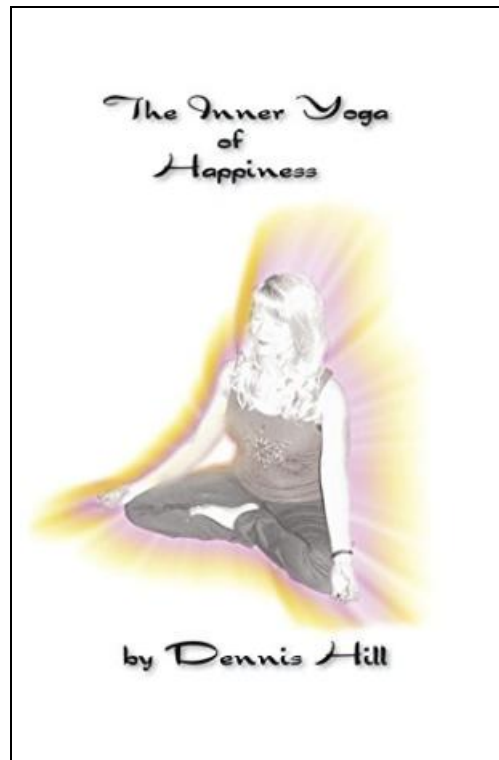


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Reviews

Basically no terms to clarify. It can be written in basic terms instead of difficult to understand. I am easily could get a enjoyment of reading through a composed publication.

(Dr. Hazel Ziemann IV)

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Trafford Publishing, Canada, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Why do we do what we do? Isn't everything we do, ultimately, to bring us happiness? Think about it. All our planning, all our actions, all our manipulations, all our accumulations, are so that we can just be happy. When we get what we want, really, how long does it last? Is there a way that we can be happy all the time? The drive to fulfill our desires, in practice, does not bring us lasting happiness; so, what can we do? There is one practice that is most essential in revealing the bliss of the Self-and that is meditation. This is the fundamental practice of mystics in all cultures that shows us the happiness that lies just behind the mind and shines its joyous radiance when the mind is at peace. If we will just spend some time every day in this sublime equanimity, we will get everything. The traditional path to the inner yoga of happiness, which is taught in yoga philosophy (Advaita Vedanta), is simply the practice of meditation. In this practice, we distill the inner caprice of thought down to simple stillness. As we get longer stretches of this stillness, we become acquainted with the fullness of our essential being. In this fullness arises spontaneous joy, contentment, and wisdom. This is the happiness that is always there in every moment. This book is a journal of clues along the way in the pursuit of enduring inner happiness, independent of outer circumstances. Also available from this author: Yoga Sutras: The Means to Liberation.

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