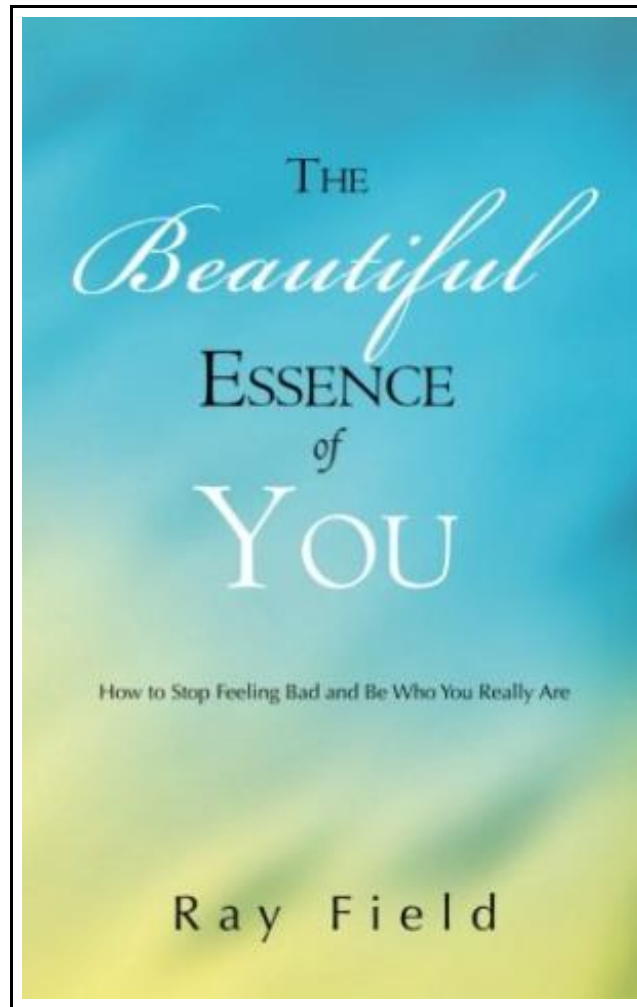


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(Dr. Kayden Gerlach)

THE BEAUTIFUL ESSENCE OF YOU: HOW TO STOP FEELING BAD AND BE WHO YOU REALLY ARE (PAPERBACK)



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Balboa Press Australia, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****.All things that truly matter to us arise from the depths of life: things like inner peace, beauty, joy, connectedness, flow, playfulness, spontaneity, and intuition. What is it that gets in the way of our experiencing those things all the time? What is it that blinds us to our own nature as being, awakens, formless awareness? In The Beautiful Essence of You, author Ray Field discusses how we can live as our true selves-finding our true essence-by stepping out from under the veil of ingrained conditioning. Field explains the essence of you is not a thing and, therefore, you can never find it or know it. You do not need to. You are it, already. You can awaken to the essence of you, to the peace and joy of your oneness with the spiritual essence of all life. This only requires the choice to let go of attachment to what is not you, the world of mental, emotional, and physical forms. With activities included, The Beautiful Essence of You offers a clear and practical guide to shedding personal and cultural conditioning and living your life as your true self.



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