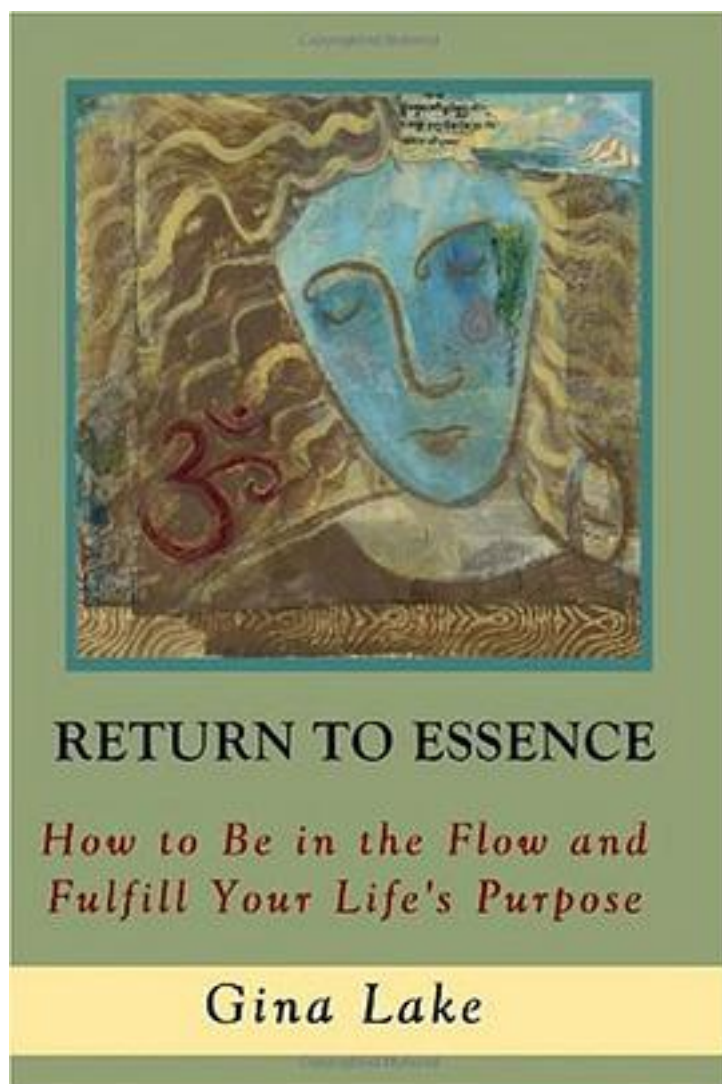


# Return To Essence



[Return To Essence\\_ 下载链接1](#)

著者:Gina Lake

出版者:Endless Satsang Foundation

出版时间:2007-2-26

装帧:Paperback

isbn:9780615141190

Return to Essence describes how to get into the flow and stay there and how to live life from there. Being in the flow and not being in the flow are two very different states. One is dominated by the ego-driven mind, which is the cause of suffering, while the other is the domain of essence, the divine within each of us. We are meant to live in the flow. The flow is the experience of essence--our true self--as it lives life through us and fulfills its purpose for this life. You will learn: - What the flow is, how it feels, and what you find there - How the ego/mind and conditioning keep you out of the flow - How to get back into the flow - How action, talking, knowing, and choosing come out of the flow - How to discover where the flow is going - How to find and fulfill your life's purpose. Exercises throughout provide an opportunity for practicing and integrating the understanding.

作者介绍:

目录:

[Return To Essence\\_ 下载链接1](#)

标签

评论

-----  
[Return To Essence\\_ 下载链接1](#)

书评

-----  
[Return To Essence\\_ 下载链接1](#)