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Sudden Awakening: Stop Your Mind, Open Your Heart, and Discover Your True Nature

Eli Jaxon-Bear

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Everybody wants to be happy. Unfortunately, relatively few achieve bliss. Eli Jaxon-Bear explores how it is possible to achieve lives filled with gratitude and love. True happiness and meaning are achieved, he asserts, when we wake up, stop our minds, and open our hearts. It is then that we discover our true selves; our core identity that is part of the ultimate living intelligence of the universe; our true source.

Like Gangaji, Jaxon-Bear uses a method of self-investigation called "self-inquiry." In the light of direct self-inquiry, limitations that once seemed to define ourselves are discovered to be more like transparent lines drawn on water. They exist only on the surface of consciousness in one's imagination. When these illusions of mind are clearly exposed, true limitless being reveals itself.

This is a book that will appeal to those who are fans of Gangaji, Byron Katie, and Eckart Tolle. It is an articulate and helpful expression of a path to fulfillment for those wrestling with questions of identity and meaning.

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Reading can called imagination hangout, why? Because if you are reading a book particularly book entitled Sudden Awakening: Stop Your Mind, Open Your Heart, and Discover Your True Nature your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will become your mind friends. Imaging just about every word written in a book then become one application form conclusion and explanation which maybe you never get prior to. The Sudden Awakening: Stop Your Mind, Open Your Heart, and Discover Your True Nature giving you another experience more than blown away the mind but also giving you useful info for your better life in this era. So now let us teach you the relaxing pattern this is your body and mind will likely be pleased when you are finished examining it, like winning a casino game. Do you want to try this extraordinary shelling out spare time activity?

David Peacock:

In this era globalization it is important to someone to obtain information. The information will make anyone to understand the condition of the world. The fitness of the world makes the information better to share. You can find a lot of sources to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher which print many kinds of book. Typically the book that recommended for your requirements is Sudden Awakening: Stop Your Mind, Open Your Heart, and Discover Your True Nature this publication consist a lot of the information with the condition of this world now. That book was represented how does the world has grown up. The dialect styles that writer value to explain it is easy to understand. The

writer made some analysis when he makes this book. Honestly, that is why this book appropriate all of you.

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