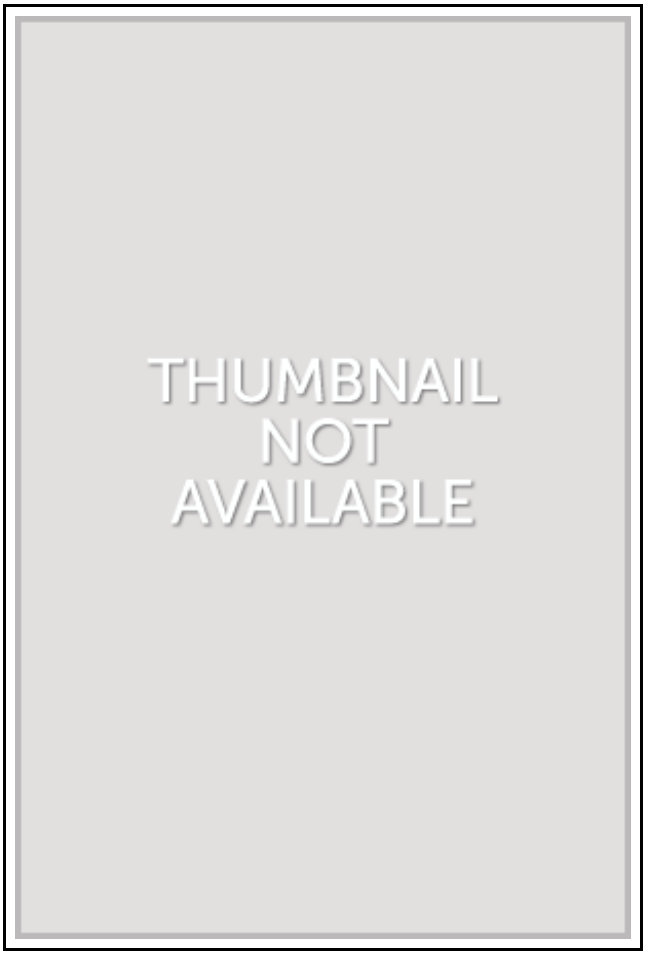
Enlightenment for Beginners (Paperback)



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Reviews

Basically no terms to explain. I have read and so i am certain that i will gonna go through once again once more in the future. I realized this ebook from my dad and i encouraged this book to discover.
(Forest Little)

ENLIGHTENMENT FOR BEGINNERS (PAPERBACK)

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Inner Vision Press, United Kingdom, 2011. Paperback. Book Condition: New. 2nd edition. 228 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Twenty years ago a series of life changing events led Matt to write Enlightenment for Beginners which became the basis for forming his own company Inner Vision and were the beginnings of his enlightenment. At the age of 21, as a way of trying to heal his own trauma and psychology, Matt began taking notes which would later be typed up into the manuscript and published into the book you are reading today. The second edition of Enlightenment for Beginners was created to be able to purchase the title at cost for distribution at workshops and book signings. The cover art is a collaboration between Matt, Laura (the photographer), her three daughters and friend Noor, and Noor s friend s dog Sandy all of whom are pictured in silhouette! In some sense this is a family portrait, as Matt says this picture depicts his mother figuratively standing on the shores of the mainland UK with her dog Todd whilst looking over to the Island where Matt lives. Apart from the cover and some minor editing this version is identical to the 1st Edition, both of which are dedicated to his mother. Inside Enlightenment for Beginners, the author guides us gently and clearly through learning to cope with our feelings, mind, body and spirit, attracting a love partner, forgiveness, the psychology of personal repair, meditation, the law of psychosomatics, the seven chakras, aura, your pseudo soul or ego, the feminine principle, goal setting, finding your purpose, principles for decision making and living your purpose wholeheartedly, plus many more chapters for those serious about their own personal development and spiritual growth. Complete with informative and simple...

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