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Power to Enlighten Now

By Susan Kerr

Blue Dolphin Publishing, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. The mystery of enlightenment has eluded scholars for centuries. In this concise book, Susan Kerr breaks through the illusion and confusion to bring to light the underlying secrets of this ancient knowledge. In a clear and concise manner she explains: Exactly what enlightenment is, How to become enlightened yourself, and What to expect in the process. Her ideas are based on her own experiences. She makes the process seem simple and shows that enlightenment is not just a goal for gurus and monks, but for anyone interested in self-realization—that is, experiencing the fullness of who we really are. Enlightenment was once described by a Tibetan lama as a new way of looking at everything. This new view, however, involves clearing and liberating the encapsulated power held in one's emotions over our lifetime. Ms. Kerr suggests that the quickest path to enlightenment is through our feelings—the direct, raw experiences felt in the very moment of occurrence—before thoughts get in the way. These feelings still hold the power of the initial experience—whether painful, traumatic, or even joyful—and in liberating them, we clear our souls to see and feel in new ways. In her...



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