



The Free Spirit: Simple Joys for Wise Living (Paperback)

By Swamini Sri Lalitambika Devi, Zen Master Wu Kwang

Chintamani Books, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Free Spirit: Simple Joys for Wise Living is a handbook for self-discovery. Playful yet profound, the book touches on simple ways to be happy, including self-care, transformational thinking, emotional healing, relationship success, empowered communication, and spiritual awakening. Like any true teacher, the book doesn't answer all of life's questions. It encourages the seeker to look within, to that most trustworthy guide—the free spirit. Through simple interactive exercises, The Free Spirit offers a personalized approach, so that we can each realize true happiness—just as we are! The Free Spirit, accomplishes something wonderful. Here is a handbook for living that distills the great truths of masters past and present, and makes those truths accessible to everyone. The beginners on the journey to inner peace will find this a wonderful guide book to help them find their way, while the more adept will find the support and companionship of truths worth remembering. We can open the book to any page, and there, on that page, is exactly the lesson, information, and gift that is remarkably perfect for the place we are in....



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