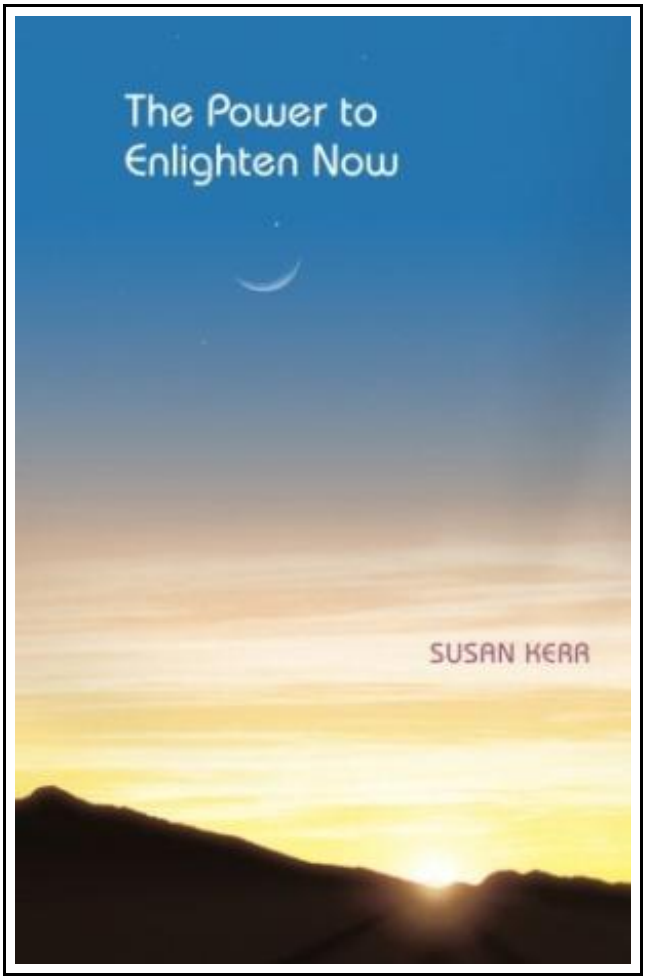
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Blue Dolphin Publishing, United States, 2012. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. The mystery of enlightenment has eluded scholars for centuries. In thisconcise book, Susan Kerr breaks through the illusion and confusion tobring to light the underlying secrets of this ancient knowledge. In aclear 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 theprocess seem simple and shows that enlightenment is not just a goalfor 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 newway of looking at everything. This new view, however, involvesclearing and liberating the encapsulated power held in one semotions over our lifetime. Ms. Kerr suggests that the quickest pathto enlightenment is through our feelings-the direct, raw experienceas felt in the very moment of occurrence-before thoughts get in theway. 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 words, Enlightenment is all about love, and love can only be felt. Therefore, the only way to know enlightenment is to feel it! This clear little book contains the essence of what the Masters havebeen sharing for centuries-but only those who are brave enough to facethemselves in the mirror, and experience themselves fully, will discoverthe prize we all have inside us. -David Hay, M.D., retired I first read this book three years ago, before it was published. The authoris so direct and correct, so clear, personal, honest and truthful, thather message actually released in me the power she describes-and it...

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