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PUNTO DE LECTURA, Mexico, 2014. Paperback. Book Condition: New. 190 x 124 mm. Language: Spanish . Brand New Book. For the past decade, world-renowned spiritual teacher Isha has received international acclaim for her work inspiring profound inner change in thousands of individuals from all walks of life. Fueled by her vision of a world united in the experience of consciousness, her simple, yet revolutionary system provides a practical method for expanding consciousness so we can learn to love ourselves and our lives unconditionally. Imposing no belief system or dogma, the teachings of the Isha System are practical and easy to incorporate into daily life, yet they produce a profound inner transformation. At the core of the System are four facets simple, powerful statements of profound truths. As you use the facets, an abiding sense of well-being and present-moment awareness will permeate your life. Through parables, moving testimonials, and humor, Isha imparts the essential truths that we have nothing to fear and we are all one. This inviting, accessible book will help you live a life of unconditional love, happiness, fulfillment, and peace. As you practice this system, I want you to become that child again, writes Isha. I want you to embrace that simplicity and spontaneity and let go of the questions, controls, and opinions of the intellect. If you can rekindle that lost innocence of childhood while at the same time maintaining the maturity and sense of responsibility you have gained from adulthood, this simple system will work rapidly and profoundly, transforming your life in ways you can't imagine.



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