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Paramahansa Nithyananda
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Paramahansa Nithyananda : Instant Tools for Blissful Living before purchasing it in order to gauge whether or not it would be worth my time, and all praised Instant Tools for Blissful Living:

0 of 0 people found the following review helpful. It's short and easy to read! By Happy Advocate I love this book with its simple suggestions on how to "stay more aware and appreciative of life." I've had several dreams and "visions" of my previous life times, so the concept of "reincarnation" that is mentioned in the book, is more of an "experience" for me than merely a "belief." Whatever the case, purifying one's mind and emotions in one's present lifetime is the more important concept along with trying to remain in the "present moment." 2 of 2 people found the following review helpful. jump-start your new life By A Customer The title of this book gives a literal description. The content follows the teachings of South Indian mystic Paramahansa Nithyananda, in an easily accessible outline form. Nithyananda utilizes the human energy system of seven major chakras, or energy centers, as basis for physical and psychological healing. Each chapter of this book gives a handy graph for one chakra: the emotions that block and open it, the meditation exercise that clears blockage, along with yoga asanas, mudras, visualizations and other accessories. Personal practice can be customized to focus on one chakra, using this guide. Nithyananda's system is well-known for its capacity to create radical and effective improvement of chronic illness and lifestyle problems. This book encapsulates his recipe for creating the life you dream of. For those with busy schedules or who dislike lengthy reading, "Instant Tools For Blissful Living" is a real jewel, offering a complete outline for healing, at a glance. I have personally recommended this book more frequently than any other, to those who want an accessible taste of Nithyananda's work. Newcomers to his teachings enjoy the clear, easily-viewed presentation.

Exercises, Practices and Meditations Facing fear; Living without worries; Transforming lust to true love; Liberating from jealousy; Living with satisfaction; Shedding the ego; Are these really possible? Nithyananda delivers instant tools for blissful living... a unique collection of powerful techniques to keep you in the realm of ultimate excitement every moment of your life.

From the Author "With these words of wordlessness comes a chance to go beyond words, into the ultimate consciousness, Nithya Ananda, Eternal Bliss" - Paramahansa Nithyananda About the Author Young enlightened master from India, Paramahansa Nithyananda, has emerged as a compelling spiritual force of our millennium. Working and sharing with over 10 million people worldwide every year, Nithyananda is committed to bringing about a true inner awakening for all beings on our planet. A spiritual genius with an enlightened insight into everything from management to meditation, from relationships to religion, and from success to sannyas, Nithyananda brings to us a wealth of practical wisdom, meditation techniques and tools for lasting

inner transformation. A powerful spiritual healer, Nithyananda has helped thousands of people fight back from diseases ranging from depression to cancer, often with a single touch. Nithyananda is currently ranked the No.1 spiritual guru on youtube, and the author of over 200 books in 28 global languages.

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