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## 16 Teachings for Spiritual Happiness (Paperback)

By Buddhadeb Basu

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. It s possible for anyone to attain spiritual happiness. Spiritual happiness, enlightenment, awareness, whatever we wish to call it, isn t only available to a select few individuals such as monks, saints, and priests. A clear understanding of our life and its purpose leads to such awareness. The teachings in this book are very much philosophical-not a series of how to lessons-and require a certain degree of focus and concentration to absorb and realize for yourself. The more you study these chapters, the better will be your understanding of how to experience your precious life as more than a parade of mundane events. Inner peace isn t a state of not caring or not trying, or being blissed out and oblivious. It s the source of our strength and power. This book is meant to assist you in recognizing and experiencing this power. When our mind is tranquil and clear, our thinking, problem-solving skills, and focus vastly improve. We re able to handle our affairs without stress and anxiety. James Allen says, The more tranquil a man becomes, the...



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