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Nithyananda

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"This book contains the essence of all that I have said, am saying, will say, and all that I want to say but may not be able to say..." "There is an extraordinary potential hidden inside every human being. If it is awakened it will take you to a much higher plane of consciousness - beyond the limitations of the human body-mind. Experience this superconsciousness, actualize your ultimate potential. This is the only aim of human life - to enjoy the ultimate luxury of living enlightenment.' Topics in this book include: o Clear, simple and complete life solutions -How to overcome guilt? -What is true love? o The Straight Route to Everyday Bliss - A blissful lifestyle with simple daily meditations and yoga -Over 100 powerful meditation techniques and everyday awareness practices o Rare insights into timeless truths of life - What is karma? - What is the purpose of life? o Dimensions of the Master - Who is a Master? - How can a Master help me realize the Ultimate? ...and more!

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