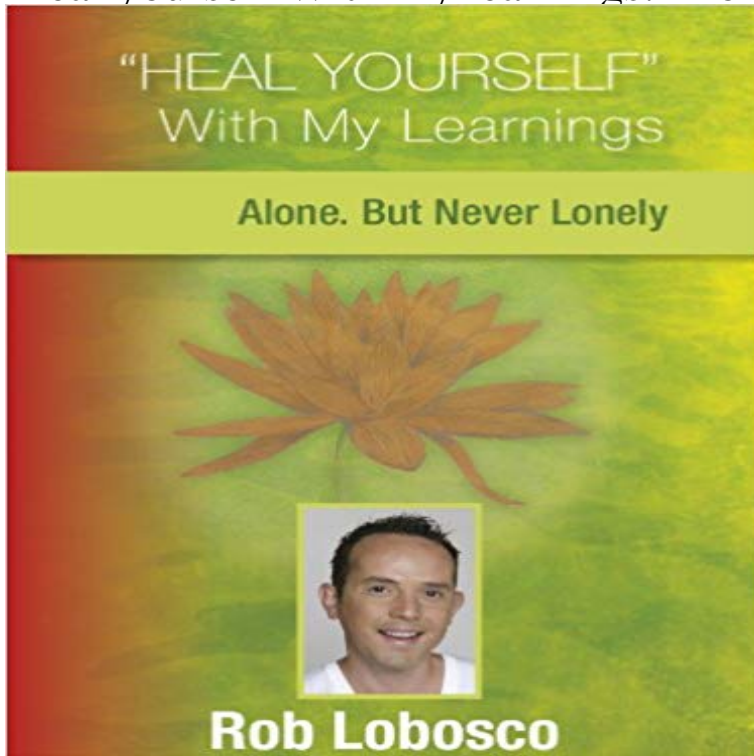


Heal yourself With my learnings: Alone. But never lonely



Every now and then a book comes along and we think, I have to buy that book. Why? I have done it many times and find it is a book which fills me up so much more. To the point of overflowing information. From the moment I think to buy it to the moment I finish reading it, I am thinking! I find all this reading keeps me in my head-thinking. Alone. But never Lonely, is about reading and thinking. But then there is that moment of feeling and sitting with the work that you will do through out it. Yes, it is a workbook. Drawing on all my learnings, Tibetan, Buddhist, Hindu, Christianity, Raja Yoga Meditation teachings and many more. It is a self help work book. Requiring you to sit in a safe, peaceful place and working through the worksheets in this book. A safe, peaceful place is easy to find when we feel it in our hearts, no matter what is going on around you or in your head. Its about moving the focus away from thinking and moving you to a feeling place. Many books do this, but many do not offer you a chance to process all this stirring up of emotions and feelings. This is where this book differs. ALONE BUT NEVER LONELY delivers Vision of Spirit as in the Triangle of Enlightenment. The three books form the Triangle of Enlightenment. Raising you to great Awareness about You, Your Body and how to heal it. The powerful exercises in this book will facilitate a means to you ridding the stuff that you dont need to hold on to any more. But... It will facilitate a means for you continue to have the wonderful things in your life. To have these grow and flourish like a wonderful big, strong, growing tree- Alone. But never Lonely.

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