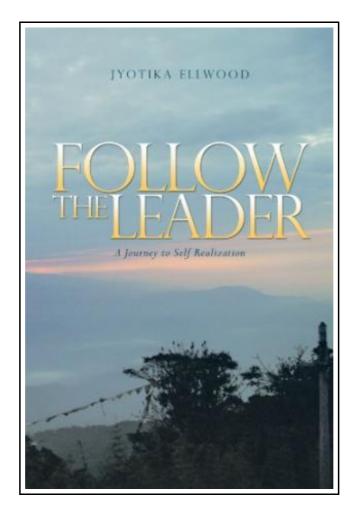
# Follow the Leader: A Journey to Self Realization (Paperback)



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# FOLLOW THE LEADER: A JOURNEY TO SELF REALIZATION (PAPERBACK)



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Balboa Press, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*\*Follow The Leader: A Journey to Self Realization is a body, mind and soul book with a difference. It is designed to guide readers towards their highest potential through stories. \* This fascinating book includes stories of personal experiences of self discovery, stories from different cultures including Native American like Geronimo and Australian aboriginal Dreamtime stories. This book explains the different religions and how they develop strong faith which is the positive aspect of religion whilst the opposite produces a blind faith or a faith seeped in prejudice that makes us judge ourselves as being holier than others. \* The chakras are explained in stories as well, like the deeply moving story of Raicharan. The seven chakras are explained using scientific evidence to verify this amazing power of the body s secret healing system and how this energy allows one to reach their highest potential. Our sole purpose for being here is to develop our soul, and this can only be done when we consciously change all those negative traits of our inherited and conditioned personality by controlling the mind using the energy from within. This energy gives us the willpower to resist and control the weaker aspects of our human nature and allows our thoughts and actions to be guided by our higher self (personality). \* Shri Patanjali, one of the earliest and greatest of Indian philosophers said, Concentrate on another s mind know that mind. Concentrate on strength like that of the elephant, get that strength. Concentrate on friendship, mercy, joy, excel in them.



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