



The Presence Process: The Art of Presence

Michael Brown, Eckhart Tolle

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We no longer need to feel that the path tread by most of humanity is one quiet desperation. In the presence process, we now have a sensible step-by-step procedure that empowers us to heal the ghosts from our past so we can live liberated lives -now. In showing us how to step beyond our personal physical, mental and emotional afflictions and addictions and by empowering us to facilitate ourselves into wholeness, the presence process takes a bold step into a new paradigm of healthcare. The lucid flow of this text magnetically and gently draws us into a transformational experience that automatically grounds us into the vibrant radiance of present moment awareness -where we find our liberation, our healing, our innate wisdom. Includes spoken-word audio, the art of presence. On the art of presence, eckhart tolle invites you to a six-session audio retreat to teach you how to deepen the moment-to-moment realization of your essential nature -the unified consciousness that lives all things. With his one-of-a-kind instruction, he shows how to ground yourself in the vibrancy of your "inner body" while simultaneously breaking free from the illusion of separation from the outside world, how to connect to "the perceiver" of all your experiences to realize the wisdom of spiritual surrender and much more.

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Spent a free time to be fun activity to try and do! A lot of people spent their free time with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your personal free time/ holiday? Could be reading a book may be option to fill your totally free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the reserve untitled The Presence Process: The Art of Presence can be great book to read. May be it is usually best activity to you.

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