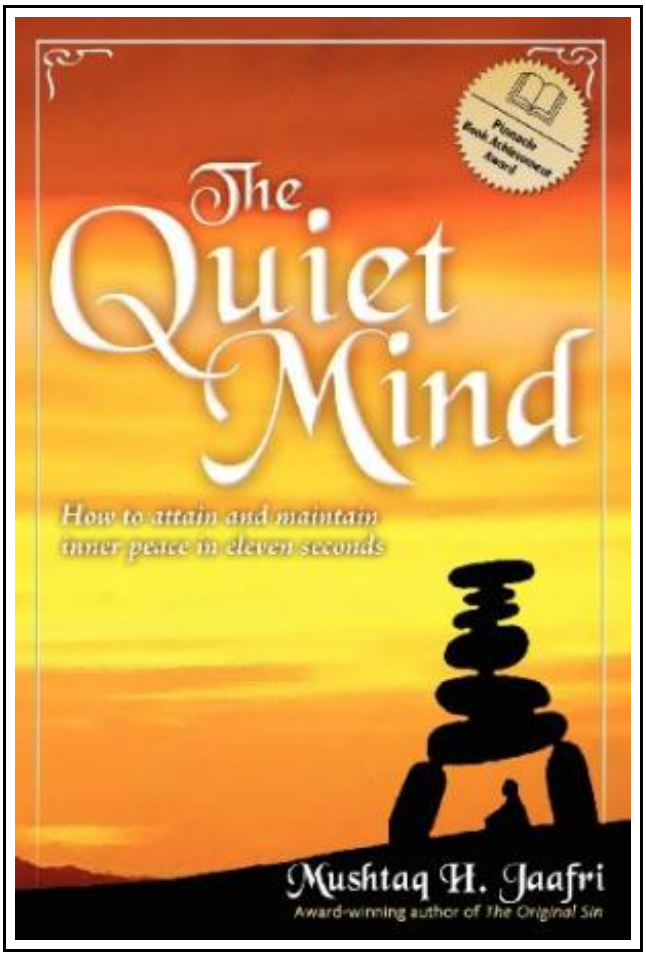
The Quiet Mind How to Attain and Maintain Inner Peace in Eleven Seconds



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Mushtaq Publishing Company. Paperback. Book Condition: New. Paperback. 228 pages. Dimensions: 8.9in. x 6.0in. x 0.7in.If you agree to apply the ideas contained in this book with an open mind, I can guarantee you that these seven things will come to pass. This is a promise to you. First, you will be able to have a quiet mind for 11 seconds or more at a time. With this ability to step back and have a quiet mind for a while, you will be able to observe mind-activity and attain and maintain inner peace as often as you wish during the day or night. Second, by applying the ideas as outlined in this book, your own mind will be like a clean slate on which you can choose to write your own function in life as you wish. Third, by attempting to hold the mind quiet for 11 seconds or more at a time, you are endeavoring to learn the fundamental differences between the wrong-mindedness and the right-mindedness thought systems. Fourth, by visualizing your own mind as a vast circle in your own imagination and seeing it as divided into two halves, subconscious mind and conscious mind, you will understand the working principles of the human mind as outlined in this book. Fifth, by devoting 30 minutes daily to practicing the awarenesses taught within, youll become aware of your thinking without being any part of the thinking. It is a feeling youll never get tired of. Sixth, by answering all the questions of the spiritual knowledge quizzes truthfully, youll discover a universal plan and your own role in it. Seventh, you will have either a direct Revelation or experience a miracle that will reveal to you your own universal curriculum that you were created to share with the world. It will...

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