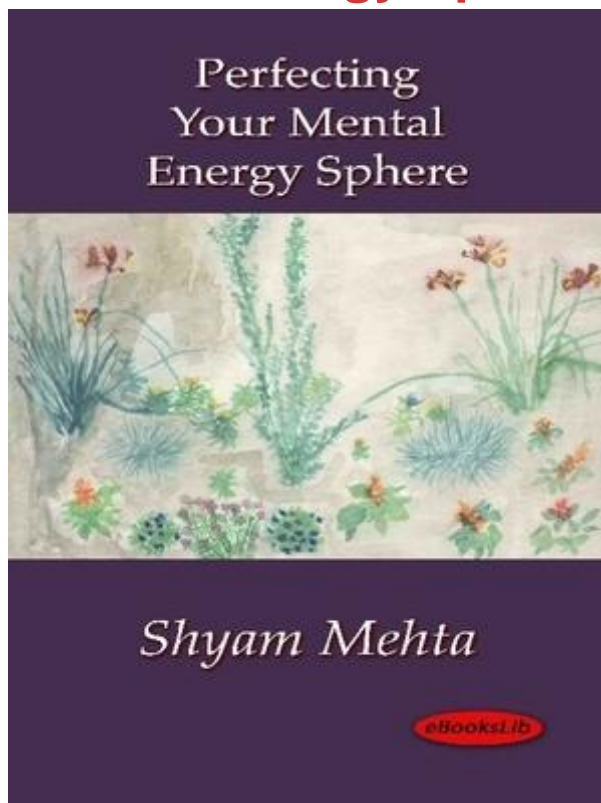


# Perfecting Your Mental Energy Sphere - Shyam Mehta



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The best way to introduce this book is for us to quote word for word what highly respected reviewer (of Sunshinecable, Bookideas and amazonfame, for example) and author (of Trash Talk and Towards Understanding ) Lillian Brummet says: "Author Shyam Mehta is far from new to the world of writing, as this is his 16th publication. The main focus of all of Shyam's work is helping others to find happiness in their lives and within themselves. Dedicating his life to what he believes in, Shyam is currently the founder and operator of the Loving Heart Centre and an informative website (lovingheartcentre.net) where Bhakti Yoga or Karma Yoga is taught. Your Mental Energy Sphere is his latest work, and could qualify as a novelette - in that it is less than 20,000 words. Yet, to fully make use of this self-help guide, readers must allow space and time to contemplate what he is saying. Readers will benefit by reading this book slowly, at times when there are no distractions. Each sentence is valuable no word is wasted, here. Using realistic tools such as deep introspection, evaluation and deduction, Shyam coaxes individuals to find their true happiness. Though Shyam provides the tools, he makes it clear that readers will have to take the steps that will ensure their own satisfaction in life. Your Mental Energy Sphere is certainly an upbeat

and educational publication. I recommend it to anyone looking for something that they just can't quite reach. For any seeker of understanding, any person that is reaching for contentment in life this book may bring the inspiration they need. About the author: Shyam has been practising yoga since 1957 and been teaching yoga since 1973. He had a Christian upbringing, in England. At Cambridge University he became interested in yoga philosophy and Hinduism. Later he gave up his Hindu sacred thread in order to fully devote his life to helping all nice people become happy. He has had a variety of religious experiences in his life and worships God almost every moment of his waking hours. Author: Mehta, Shyam Publisher: EbooksLib Illustration: N Language: ENG Title: Perfecting Your Mental Energy Sphere Pages: 00000 (Encrypted PDF) On Sale: 2005-12-03 SKU-13/ISBN: 9781412151900 Category: Self-Help : Spiritual Category: Psychology : Mental Health Category: Computers : Programming Languages - General

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