

Mp3 Paul Lowe - How To Be Happy



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Happiness is not something that can be attained - through wealth, therapy, or relationships. It is inside every one of us, all of the time. In this new compilation CD, Paul Lowe explains how our conditioning obscures our natural state of joy. 15 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Audiobook Details: ABOUT "HOW TO BE HAPPY": Happiness is not something that can be attained - through wealth, therapy, or relationships. It is inside every one of us, all of the time. In this new compilation CD, Paul Lowe explains how our conditioning obscures our natural state of joy and contentment, and how acceptance of each moment is the key to true happiness. Paul Lowe talks about the different vibrations we give out when we are happy, in complaint, or resisting the moment, and how a simple change in attitude can bring about a major shift in our interactions with the world. ABOUT PAUL LOWE: Paul Lowe is a highly skilled and talented personal development coach who is devoted to the study of human potential. His unique view of the world and its future encourages us beyond what we normally think of as possible or impossible. WHO HE IS: Paul is an original. His unique view of the world and its future encourages us beyond what we normally think of as possible or impossible. From a perspective rooted in his own diverse experience, he addresses our everyday issues relationships, money, health, sexuality, parenting, career, communication with wisdom, compassion and, perhaps most importantly, humour. An encounter with Paul is always provocative, meaningful and entertaining. And for many people, its a life-changing experience. HIS ADVENTURES: Paul lives life as an adventure, responding to the changes, challenges and invitations of life unconditionally. Paul has travelled around the world many times, exploring deserts and jungles, living with indigenous peoples, gurus and crooks, counselling street people as well as the rich and famous. Throughout, Paul's passion has been the study of human potential. He is continually encouraging people to step beyond what they think is possible in

their lives: "As far back as I remember I have felt a strong curiosity about life. I have always wanted to know and experience all facets of it. Its as though I am visiting this planet and when I 'return' everyone will be asking questions about what it's like to be on planet Earth. I think experiencing experiences is one of the main aspects of being here." HOW HE WORKS: Information, no matter how intelligent, simply is not enjoyable if the way it is communicated is dry and serious. When Paul facilitates a workshop, he does not deliver a rigid, pre-prepared discourse. The issues he raises and the subjects he touches on are direct responses to the unique audience he is addressing. Although the format may be similar - usually centreing around a talk, followed by questions from his audience - every time he speaks, the content and style is always alive, fresh and totally appropriate to the moment. Paul sees people with incredible precision and shares what he sees with clarity and empathy. He can pinpoint a pattern of human behaviour and communicate about it in a way that makes you want to sit up and shout, "Of course! I see it! I know exactly what youre talking about!" As well as helping individuals to see themselves more clearly, Pauls groups enable people to look beyond the personal and see the bigger picture. Its a natural process: after examining our insecurities and neuroses, there comes the realisation that theres much more to life (and us) - and the personal stuff gradually fades into the background. Pauls approach is unconventional, constantly evolving and, most importantly, enormous fun. He has a great sense of humour, a deep compassion for people, and a firm belief that nothing should be taken too seriously. His seminars and workshops are a rare opportunity to gain an insight into the work that he does - and possibly open the door to changing your life. TESTIMONIALS: "What I found was not at all what I had expected, but it was exactly this disappointment which thrilled me the most. When entering the room I found Paul already there talking to people - being the most normal person you could possibly think of. No holy atmosphere, thank God, just a human being. Taking it all from the inside, no preparation, no script, just Paul and nothing but Paul. I have met a lot of teachers over the years, but very few would qualify for what I cherish the most: practice what you preach. In other words, authenticity, truthfulness and, not to be forgotten, a good sense of humour. And there was Paul, being all that with so much ease, with so little and so much to offer at the very same time." - Holger Niemeyer, Germany Pauls combined ability to be eloquent and humorous and still include the wisdom of the universe makes spending time with him fun and enlightening. Most importantly he provides the opportunity to make real changes in your life, not esoterically, but practically and applicable to daily life. No religion, no isms, no devotees, no anything

except love and wisdom and you do with it what you choose. - Joel Seidon, New York Paul is and always has been an example of what is possible for me as a human being. He has found that beautiful place inside, and now so have I. His sense of humour and his love is inspiring. - Mayra Pereira de Sosa, Hawaii Paul Lowe is a teacher of insight. Hes also good for a laugh. He has the face of a fallen angel and the legs of an old giraffe. Hell make you think, hell make you cry. He claims hes not afraid to die If he grew wings you know hed fly. And hes not afraid to tell you why. For Paul is a teacher of insight, hes also good for a laugh. Like a Moses who has dropped the commandments. And he doesnt need a staff. I know its not much of a poem, and it doesnt have much of a tune but we hope it conveys the love we share, poetic flare, its rude but fair. And we hope to see you soon. - Love. Sting Trudie, UK

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