



## 108 Steps to Be in the Zone

By Ethan Indigo Smith

Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.108 Steps to Be in The Zone is a metaphysical exploration of the number 108 and 108 practices to lead to your own Zone. 108 is symbolic for a complete set of steps in a process of self-development and individuation. 108 Steps to Be in The Zone describes processes to better yourself using meditation, yoga, tai chi and different universal concepts and techniques for maintaining healthy mind and body. Techniques to develop balance and initiate healing are described as well as various esoteric secrets on mediation and the transmutation of sexual energy into life energy. Simple steps to better self and maintain the environment are presented to find your way to your own Zone in the postmodern world. Ethan s motto: If you re not training, you re being trained. Do not just go with the flow, flow with the flow. Unknown Sage.

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