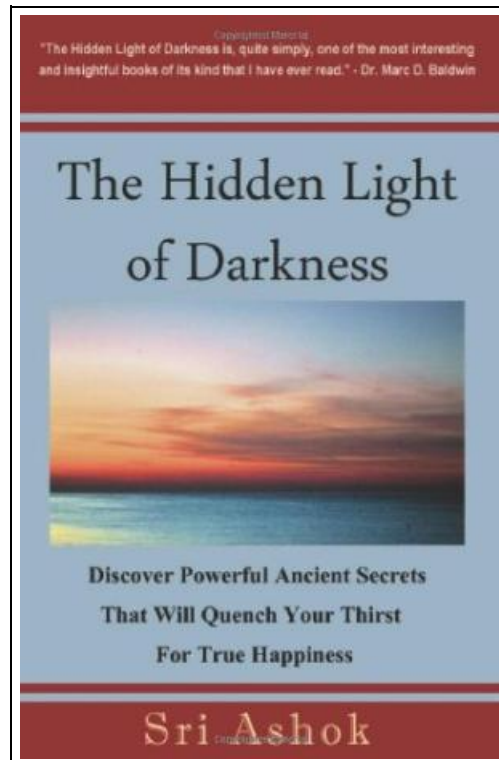


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Light Source Publishing, LLC, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Hidden Light of Darkness contains, in the author s words, a series of approaches and Secrets that will facilitate your inner evolution. Drawing on a broad acquaintance with Eastern yoga and Western mystical traditions, Sri Ashok offers techniques of concentration and meditation that are designed to free readers from the daily onslaught of thoughts and emotions that unwittingly prolong our suffering. Only after and inner stillness has been achieved, Sri Ashok argues persuasively, will we be ready to open ourselves to a direct personal experience of God s presence in our lives. One of the book s many strengths is the author s honesty and courage in recounting the personal experiences, including his initial reluctance to accept the Light of Darkness, that led him to discover the Hidden Light within him. Sri Ashok s innovative yet down to earth approach shows in detail how to find your true self even in the midst of life s darkest moments. There is a wealth of practical advice in these pages that will help readers find their own way to the pure joy and pure love (Sri Ashok s words) that constitute our deepest essence.--Dr. Dennis McCoy.

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