

# **FREEDOM IS A HUMAN 'BEING': A GUIDE TO SELF-EMPOWERMENT AND INNER HAPPINESS BY PANDA**



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# **FREEDOM IS A HUMAN 'BEING': A GUIDE TO SELF-EMPOWERMENT AND INNER HAPPINESS BY PANDA PDF**

Freedom is a Human 'Being' Is the author's second book that takes the reader on a journey towards one's self-empowerment and inner-happiness. A practical guide to expanding one's consciousness through examples and explanations of the mechanisms and traps that we fall into that stop us from experiencing true freedom. The author offers many practical tips along with effective exercises that help in facilitating one's own awakening to a larger and more profound awareness of one's true natural state, the presence and power of 'being'.

Some of the topics covered:

How to center and calm oneself

The perfect relationship

Stop giving your power away

How to gain more trust and faith

The house that Guilt built

Panda, from Chinese descent, was born in 1958, Vancouver Canada. From the age of 12 he began practicing and living the art and philosophy of Tai Chi. By incorporating Tai Chi's main principle of non-resistance and following one's true nature he was slowly brought to all his spiritual teachers who gave him the profound experience of his innermost being. With a background of more than 35 years in the fields of Eastern Therapeutic Therapies and Self-Realization arts he has combined his personal awakenings and trainings to create a unique work that leads to transformation and Self-Realization. He has taught for more than 20 years. He is also the author of the book, "Self-Realization Through Movement"- Autobiography of a Tai Chi Yogi - a guide to Self-mastery & Self-enlightenment and his instructional DVD "Self- Realization Through Movement."

- Sales Rank: #2050397 in eBooks
- Published on: 2015-02-23
- Released on: 2015-02-23
- Format: Kindle eBook

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Absolutely wonderful on so many levels!

By Magdalena E

This book is absolutely wonderful on so many levels, I love it to bits. This book would be perfect for people who want to explore and start to close the gap between their deepest knowing/insights and their everyday expression in daily life. This is about discovering true long-lasting peace, contentment and happiness; here and now -- regardless of life circumstances and what's going on in and around ourselves.

It's quite rare to find a gem like this, that not only dives fully into the depths of the Absolute/Infinite, but also firmly grounds this wisdom and insights in everyday living, everyday expression, in a very accessible and

practical sense. The author is an amazing teacher in person as well, he lives and expresses his own teachings outside the classroom too, which you can really tell from between the lines in this book.

This book holds up brilliantly to repeated reads -- it always has something new to offer each time, revealing new aspects of its content as your own understanding keeps growing.

I would warmly recommend this book to people who are interested in the teachings of the likes of Sri Ramana Maharishi, Sri Poonjaji (Papaji), Sri Mooji, Adyashanti and Rupert Spira -- genuine teachers of non-duality and awakened, embodied, living.

0 of 0 people found the following review helpful.

Simple but powerful

By Veroh

This is the kind of book you need to keep with you all the time. It is a powerful tool for people searching for their inner-happiness, balance and well-being. With simple words, wise explanations, you just realize how easy it is to open yourself to your own freedom. You understand that happiness is in you. You don't need to ask somebody else to find it for you. This seems to be obvious, but it is by reading this book that I understood a lot of things about how I was binded by my beliefs, and how finally it is easy to break them. Of course, it's not enough to read it, you have to «live» and practice these thoughts and advices. But nothing complicated, just a kind of agreement to find with your ego. I think it is the most important thing I understood: my ego does not have to rule my life, and unfortunately it is what happens most of the time.

This is the kind of book I don't want to lend, it is too essential for me to read it again, just to remember what to do when I "lose myself» again in our hurried life...

I warmly recommend this book for his simplicity of form but powerful content.

0 of 0 people found the following review helpful.

Chemin vers la spiritualité / guide to spirituality

By Pixie

Lecture agréable d'une voie de sagesse ou: comment trouver son chemin vers la spiritualité et le bonheur. De nombreux aspects de la spiritualité sont exposés et présentés au novice, pour l'aider à saisir l'insaisissable, pour lui donner une première approche. Certains sujets demandent à être approfondis, Freedom is a Human Being donne une excellente base, à chacun de faire son choix et aller plus loin.

Nice reading of a way of wisdom or how to find its way to spirituality and happiness. Many aspects of spirituality are exposed and presented to the novice, to help capture the elusive, to give it a first approach. Some topics need to be deepened, Freedom is a Human Being gives an excellent basis, everyone to make their choice and go further.

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