

Notes to Self: Meditations On Being

Who am I? What is Real?

Our planet stands at the cusp of a paradigm shift, and many of us are asking ourselves the questions that truly matter. In poetic prose, *Notes to Self: Meditations on Being* steers the reader to the most basic, essential – and yet overlooked – truth of existence:

*You are not merely this body, with its joys and problems.
You are more than your mind, with its thoughts, worries and judgments.*

The 223 notes to Self invite you on a journey of opening and Self-discovery. The notes are reminders to feel rather than think. They are pointers to a world beyond the mind where you are alive fully in this moment.

Step out of your mind!
...and discover your deepest, most intimate,
most fulfilling reality.

Notes to Self is an inspiring and invaluable “manual on Surrender” for anyone on the pathless path to true Self-Realization.

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