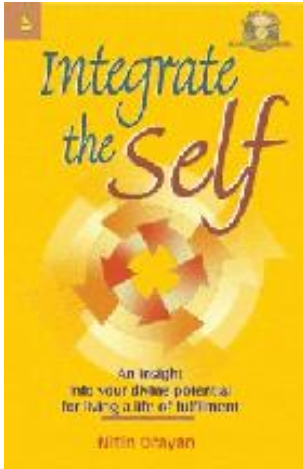




Integrate The Self [with Cd]



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You know intuitively that life was meant to be LIVED!
But then what you perceive as 'reality' breaks in:
something is lost; the love, beauty, action, fun.
Charm is lost.
Is this your experience of life?
All seem to be adrift in the water,
hoping to find someone to hang on
to save us.
Or to be pumped-up, somehow.
This is what we have been made for!
Man is made for pleasure and glory.
His beginning was, and his future is, Paradise.
And the goal of living is to find this LIFE!,
This book will take you on a journey to discover the joys of living a life of fulfilment.

If you:

- * Get a special pleasure out of doing everything well;
- * Understand there's a whole lot more to this living thing than meets the eye;
- * Believe there exists an unseen hand to hide the secrets of leading a fulfilled life from all but those willing to actively search for it;
- * Occasionally feel frustrated by the lack of stimulating reasons and desperately search for something unique;
- * Desire to lead a wholesome, fulfilled life undaunted by traditional rules and regulations.

Integrate the self is a gold mine of tips, strategies, guidelines and support created to assist you in living the fulfilled life that is truthfully yours, but that has been stolen from you by those who wish to keep you from being happy.

The first step to achieving a fulfilled life is to understand that all lives are governed by law - nature. These laws never change, no matter how much things around us seem to change. To live in harmony with these laws produces clarity of thought, vibrant relationships, abundant joy, and. To violate them produces strife and stress. These laws are in operation, whether you are aware of them or not. Much the same as the law of gravity continues working whether you understand it or not.

Through ignorance of the Laws of Nature, much unnecessary unhappiness occurs. Understanding and applying these laws lifts your life out of the ordinary and places it on a higher pedestal. It remains a mystery why most people choose the crumbs instead of the banquet. Perhaps it's because of ignorance.

This book combines strategies that cover the essential pillars of a fulfilled life. If any of these pillars are unbalanced, you are



likely living a life of mediocrity - gathering crumbs instead of feasting at the banquet table.

About the Author

Born and brought up in Mumbai, Nitin Orayan graduated from RA Podar College of Commerce and Economics in 1983. He then obtained a diploma in Advertising and Marketing from Xavier's College of Mass Communications in 1985. Thereafter, he worked for some years in Advertising.

From his early days in school, the author has been drawn to philosophical thought and Self-searching. In his search for Truth, he studied many philosophies, especially Indian Vedanta and Far Eastern treatises like the I Ching, Lao Tzu's Taoism and commentaries of Zen scholars like Dr Alan Watts and Prof DT Suzuki.

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AN EXCERPT FROM THE BOOK:

The Miracle of Being

Watch a seed, which is planted in soil, emerge out of the earth in the form of a tiny sapling, sometimes struggling against all odds to survive.

Years later that very seed has transformed into a giant tree with multiple manifestations of stems, branches, leaves, flowers and fruits. How often do you even notice this marvellous creation of nature?

One single act of the tiny little seed being planted in the soil can create a huge tree! The seed as if contained within, a hidden potential of becoming a tree. For this manifestation, it needed the soil as a ground or a base for letting out the hidden potency to become manifest as a tree. Then other elements like the rays of the sun, water, and air came in contact with it and aided the tiny sapling as it emerged out of the earth.

All this works like a miraculous act in accordance with the forces that govern the universe and its manifestations. This whole act works in an equally miraculous manner in every other creation that happens in the universe. And this natural act of creation is working through everything even now, at this stage of evolution on our planet.

Contemplate every situation in your life in this light of the miracle that works through it and notice how the whole situation and all its elements are in the grip of the subtle force that is driving it to an end, unknown to your thinking mind.

Human conception, the fertilization of the ovum with the sperm, which in due course becomes the foetus, is still the same marvel of universal creation. The natural fusion of one body with another and then a process of creation are built into the structure of the universe. The birth of a new-born is the coming of a new universe, a manifestation of the universal power and its expression of creation.

The truth inherent in this point is simple to be absorbed without any mental strain of intellectualizing.

On one hand, you can see the 'naturalness' in every act of creation; of elements coming together naturally and casually, as a



course following the divine cosmic law and amalgamating in a special way to 'create'.

Notice the inherent quality of every element present on and around the earth.

Air, water, fire, earth and ether all have their specific properties, their intermingling creates an unthinkable number of substances of life, animate or inanimate, microscopic or gigantic. See how air fans a fire while water extinguishes it and so on, in an endless possibility of combinations. All living beings are made of these elements, with those varieties of combinations manifesting in their creation.

The human body, mind and intellect mechanism is the epitome of this creative process in the evolution of life on this planet, a living example of the magnificent brilliance of creation, which is not just a physical, chemical and biological phenomenon, but an expression of the supreme will that runs the whole revealed universe.....

About Pustakmahal Publishers

Pustak Mahal publishes an extensive range of books that are both affordable and high-quality.