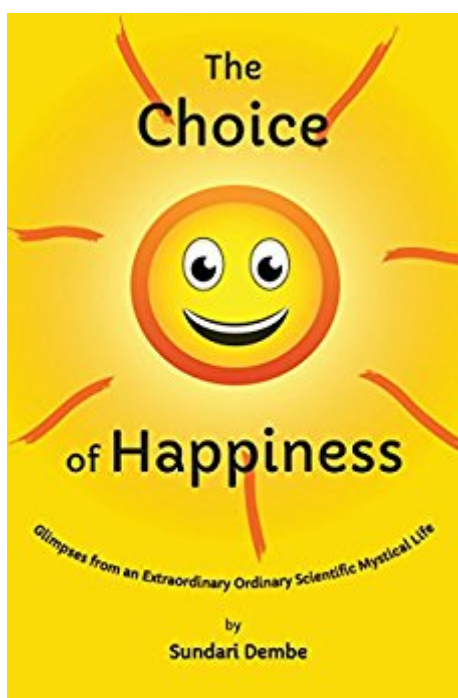


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The Choice Of Happiness: Glimpses From An Extraordinary Ordinary Scientific Mystical Life



Synopsis

Through simply reading this book, one's psyche is transformed forever.

The Choice of Happiness is a soothing balm to realign with what is uplifting in yourself and in your world. This juicy tale leads directly back to the best of YOU. It is exactly what is needed to connect with that light you carry, which is so needed in these fluid times, to brighten your life. This book is an integrated meal of the whole of spirituality interlaced with science, while the story line reveals ever-unfolding surprises and delights. It provides tools for dealing with some of life's greatest quandaries, including how to bring a marriage back from the brink, how to integrate the death of a loved one, how to manifest abundance, how to reach forgiveness, and how to rest in the warm embrace of one's dearest lover, the Self within. It follows a nine-year life journey, of transitioning from a guru path through three mentors, to arrive in the intimacy of direct guidance, the evolution from being a Seeker to the self-empowerment of becoming a Finder. It explores sacred global locations, esoteric interactions with six religions, and offers original innovative applications of Chemical principles to spirituality and to understanding your own life. This is an insightful journey to one's own Self. Sundari was gifted by Spirit with 150 pages of this book in a microsecond.

May Every Reader of This Volume Have Ever-Increasing Joy, Delectable Delights, Miraculous Unfoldings, and Easefulness, Forever Embrace Their Lives.

Book Information

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Customer Reviews

Sundari lays out her path to happiness not so much as a guide to follow, but one to marvel at and enjoy reading (and the 12-point type made it very easy for me to read). Her encounters with gurus/teachers are learning and growth experiences that enable her to meet her challenges of motherhood (teenagers), teaching situations (student hostility-attack!), and death of loved ones. As she sheds (or is shedded by) one teacher she immediately finds (or is found by) the next. Her journeys, both physical and metaphorical, demonstrate that all things DO work together for good, for those who put their trust in God. She shows that being true to the goal of awakening and staying on the chosen path does lead to attainment of the desired end. It is clear that she kept that goal in mind and made the mental/spiritual changes needed as she encountered the many bumps along her road. This book can help anyone who is struggling to stay on their path to see that it is possible to achieve their goal, provided they have the courage to follow the messages of the prompts, teachers and obstacles that seem to pop up on their journey. AS an update to this review, here are comments I made to Sundari previously: Sundari: I want to thank you for writing this wonderful book. I bought it last weekend and read it in two days. At first I thought it was just about your journey but then I realized that it's about everyone's journey so I really appreciate it. I also found it very easy to read because of the type style and size. No big deal but it was easy. It was also very easy for my mind to absorb what you were saying. I had no episodes of my b.s. detector going off as so frequently happens when reading books of others past experiences or memory recollections. I also like the way that you went forwards and backwards in time in your discussions, just as time is not linear. I'm going to read it again and send you some detailed comments but for right now I'll just give a few impressions and thoughts that it elicited.

An open-minded chemistry professor takes a good, hard, and honest look at some of the more elusive mysteries of our universe, and comes back to us with the adventure of a lifetime. One

pre-requisite for this course is the successful completion of Openmindedness-101. Warning: Be prepared to have your reality challenged. The honesty and openness of the author's approach to some very important but seldom discussed questions is refreshing. Thanks for the wonderful insights!

I've really enjoyed Ms. Dembe's book. I love her smooth and enjoyable writing style. I think this is the work of a great spiritual explorer who has now passed her key learnings and adventures on to the rest of us. I can hardly imagine how she was able to have all these marvelous experiences, but of course she had a lot of help from her spiritual Guides and, ultimately, from her Higher Self. I found that I have turned down (dog-eared) a number of sections in the book for later review. That's the sign, to me, of a fascinating work which I think anyone on a spiritual quest as we all are in one way or another would enjoy. My thanks and hat is off to Sundari Dembe for sharing a delightful, dramatic, and insightful life with us.

As much as anything this book is a memoir of Sundari's meditation and devotional practices. In it she mixes in insights and ideas based on her career as a scientist and chemist. She offers any number of practices and perspectives that could change your life if you let them!

This book is a treat. She takes us on a mystical journey along with her grounded scientific life experiences. It is a wonderful juxtaposition that makes for an enjoyable read.

Wonderful book. Its a great reminder of who we really are and the possibilities that exist for us at every moment, no matter what. This book is rich with spiritual insights. You really can't buy happiness and this book is loaded with techniques and insights for anyone on the path of Life. Sundari has a unique way she spins the words and her experiences to a warm mindful connection to our source. I highly recommend it.

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