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# Journey Within



## Synopsis

JOURNEY WITHIN is the story of our spiritual ascent, both as individuals and collectively. With equal parts instruction and inspiration, the book beautifully describes how we have gotten where we are today and our essential next steps. Shri Mataji Nirmala Devi gave more than 3000 recorded talks all around the world. Whether it was a village school, a medical conference, a gathering of UN employees or a suburban hall on a hot summer evening, her central words were the same: introspection, ascent, inner peace and the most important of all – a realization of our true self. With humour and love, she both guided and listened. From the opening words, “My father felt that I would do something great, we can sense the trajectory of this tale. And we know too that we are bound for that same greatness. With this book, Shri Mataji reminds us of the journey we are all on. And the direction of that journey is always the same. It is a JOURNEY WITHIN.

## Book Information

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## Customer Reviews

If you want to know Shri Mataji, the founder of Sahaja Yoga (Kundalini and self-awareness), this

book is a recommended place. When I first saw a picture of Shri Mataji, my heart opened to her, eyes and smile. I loved her more when I heard her say that people should not have to pay for enlightenment, and that her teachings were free. Compare this to others with captive audiences who charge 'love-gifts' for books and CDs which bring the millions and opulent life styles. Shri Mataji teaches the principles of Sahja Yoga simply, sometimes interspersed with a short rebuke - like the village teacher every child loves but can expect to be brought back to their 'ps' and 'qs', should they deviate. She is often 'straight from the hip' in providing guidance: 'the greatest mantra is "Thy Will be Done"'. Say that often enough and you will surrender!. This book is composed from speeches made by Sri Mataji at different places in the world (listed), in all their simplicity for understanding. A huge bonus is a glossary which constitutes a book in itself for the student of eastern philosophy. I will read again.....

Must for everyone human being. Without this internal journey and the path as shown by Shri Mataji-the ultimate objective of this human life cannot be achieved.

We are always searching for ways to improve our lives and ourselves. This book tell us why it is important and how to do it in a simple, practical manner. I read it at a very difficult time in my life and felt the love pouring out of every page.

Very well written and the embodiment of common sense. Read it and, most of all, DO the Self-Realization experiment which is described in the book. If you are a real seeker of truth and search for real evolution, than this book will change your life.

This book is a bit awkwardly written but the subject is such an interesting person and I think that this was a very good introduction to her philosophies and life.

This book is about our eternal quest to find ourselves. It's enlightening and written in a very plain English understandable to even those who don't have high English skills. It's encouraging and helpful in finding faith in ourselves. Thank you Shri Mataji Nirmala Devi.

Amazing book. A must read if you are seeking to change - forever - your life and those who surround you =)

Helps me out of complaints, resentment and self pity. Strengthens my belief in God Almighty. Gives me new perspective of Society.

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