



Naked Being: Undressing Your Mind, Transforming Your Life

J. M. Harrison

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This meaningful rare collection of over 400 illuminating insights is a breath of fresh air for all seekers of the inner self. A beautiful fusion of mainstream spirituality, esoteric oneness and non-duality, NAKED BEING provides a powerful foundation for positive and lasting life changes. The author gently guides the reader into the experience of present moment awareness (the Now), and perhaps more importantly shows how to go beyond it. The powerful effects from implementing this insightful teaching are profoundly beneficial to our lives, health and relationships, for by reading and contemplating NAKED BEING we can recognize what it really means to come home. If you're looking for the purpose of being and the way to the heart of your true nature then you will find this book of limitless benefit.

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