

Discovering The Better Part of Us: A Path to Happier Living



ABOUT THIS BOOK: Although we live in a world full of conflict, strife and struggle, our journey through life need not be a perilous experience. This book explores and exposes the problems we face as human beings, and through accepting and recognizing certain truths, helps to guide us in later chapters to developing our own philosophy towards living which is constructive and harmonious. By learning to focus-on and develop our natural powers of inner-reasoning, we can discover the best qualities in ourselves, and help to inspire the best in others. This concise guide offers you the reader, the chance to journey through a variety of thought-evoking scenarios, in which you can extract whatever is most relevant to you, and in this process find comfort and inspiration, whilst at the same time, discovering how you can live a more positive, contented life. This book is ideal for: Anyone and Everyone Students of Evolutionary Mysticism Seekers on a Path of Spiritual Development Anyone searching for a fresh Outlook in their life.

ABOUT THE AUTHOR: Dear Reader. Im Vaughan, and was born in Birmingham (UK) in 1966. Ive met and worked with people in a variety of situations throughout my life, and Ive always been an attentive but quiet observer with a curious ability to view lifes events heuristically, and somehow recognize at an intuitive level the significance of the wonderful mix of roles and revelry in which we human being engage ourselves. In view of the ever growing insecurities all people are facing today, and in effort to offer at least some solace and comfort of my own volition, I felt it was about time I parted with some of my own revelations and thoughts for the benefit of those who have not been so fortunate as to find peace and hope in their daily lives, and by sharing, empathizing, and trying to provide new food for thought; empower you the reader, to not only see

the somewhat satirical nature of our world, but also through understanding its various attributes, discover a path of realization that brings us to a state of inner-calm where we can experience greater contentment and happiness in all aspects of our life. INTRODUCTION SAMPLE: Irrespective of our status or position in life, all human beings share the same consciousness, i.e. we all share similar desires, hopes and dreams. With this regard, this book is intended to touch the hearts and minds of all people. It is not a religious publication and neither is it a basis for any cult or movement. Its aim is to help alleviate fear, to inspire comfort, and encourage the development of a higher state of mind for expressive use in everyday life. Whether the reader is an individual seeker, a representative of a nation or a community, the concepts discussed herein are pertinent and relevant to all. Inside every human being is the natural potential to live a harmonious and rewarding existence, but we are born into a world of greed and barbarism, and a social structure that favours those better-placed in the social hierarchy. Humans are not born to freedom, we are born to confinement and control, with a sink or swim policy in force. Our challenge therefore, is to find understanding, solace, tolerance and compassion, in an unforgiving world. When the demands placed upon us, exceed our ability to cope, we become unhappy: Often times, we do not cope well with our circumstances because we find it difficult, without knowing how to deal with things positively, and usually this is because we cant always seem to get a handle on what is going on around us, or the reason some things happen; maybe because no-one has ever mentioned or talked to us about such things! However, this book, aims to help dispel such issues. It is my sincere hope you will enjoy reading this book, and be fittingly guided and inspired by its content.

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