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Dissolving the Ego, Realizing the Self: Contemplations from the Teachings of David R. Hawkins, M.D., Ph.D.

David Hawkins

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How does one traverse the spiritual landscape to move beyond suffering to experience the peace and love of God, to dissolve illusion and realize the state of enlightenment? In this collection of inspiring passages from **David R. Hawkins**'s work, the reader is reminded of the illusory nature of the personal self (identification of the ego/mind) and the direct pathways to dissolve the ego/mind's trappings. This pocket edition is designed especially for today's spiritual student on the go, to inspire contemplation and reflection during a break at work, while hiking in the woods, during a quiet coffee-shop moment, on an airplane, with a partner—in whatever environment one finds oneself. *Dissolving the Ego, Realizing the Self* is a reliable companion on the aspirant's quest toward higher truth.

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