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Being Oursel

By Ty Clement

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Being Oursel, Ty Clement, "Being Oursel" is an accessible, original, and straightforward book which invites readers to recognize that we are all indivisible aspects of a single, yet infinitely diverse reality. The book provides the word 'oursel' to refer to this absolute whole because of the word's inherently inclusive nature. "Being Oursel" takes readers beyond 'oneness' and 'interconnectedness,' and directly into the experience of living consciously as part of the source and substance of reality itself. This book starts out by thoroughly exploring the ways that the 'me, myself, and I' paradigm of thought, and its underlying assumption that we are each inherently separate, blinds us to life's innate wholeness. The book goes on to lead readers as distinct individual expressions of Oursel to a re-discovery of their unique talents, strengths, and interests within this holistic context. The book introduces readers to the profoundly liberating and natural spiritual practice of 'exalting in Oursel.' Finally, this book explores the positive impact 'being oursel' has on one's personal relationships by providing a revolutionary new context for intimacy.



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Reviews

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-- **Noel Stanton**

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