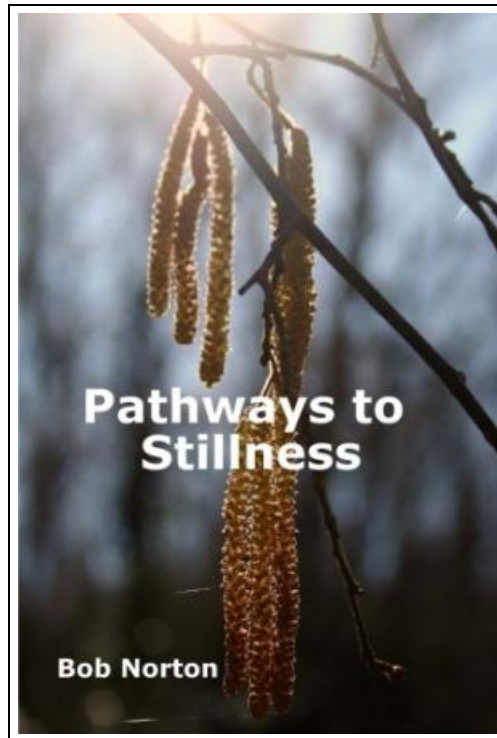


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Many people spend their lives in a state of unconsciousness suffering from excessive and invasive random thoughts that assail and clutter the mind. Such is the persuasive nature of this clutter that many of us take our thinking to be who we really are. As we grow, we lose sight of who we might really be as we unconsciously absorb and adopt the rituals and dictates of finding our place in conventional society. Our background, education and work shape and mould us into soldiers of the status quo, a wholly man-made construct which obligates all participants to accept its agendas, its behaviours and its truths. In many life experiences we find that our instinct rails against so many of society's falsehoods imposed, nonetheless as they are, as the only way to be. We then find ourselves adopting roles in order to cope and become forever busy keeping up with the pace of life in all its pretence and illusion. Pathways to Stillness seeks to identify and peel back these layers of illusion in order to be able to learn who we really are, instead of who we think we are. A mix of dialogue, short story and reflective narrative, Pathways to Stillness takes the reader down different routes to stilling the mind-chatter, realising the importance of stopping negative thinking, re-connecting with Nature, shedding unconsciousness for greater awareness, and finding ways to inner peace and calm - stillness. The major protagonist, Robert, appears in the role of seeker of stillness, finding his lifelong beliefs, ideas and principles gradually dismantled by Jonathan, a former mentor (Two Strangers One Soul, 2010). The discoveries he experiences - a combination of revisiting past...



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