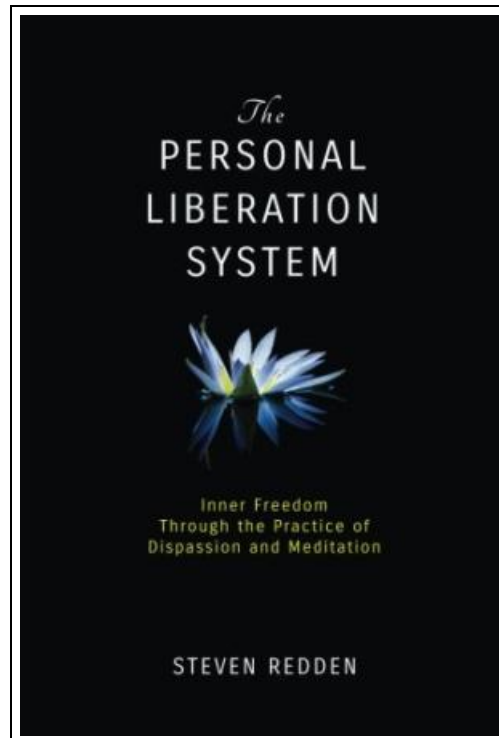


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THE PERSONAL LIBERATION SYSTEM: INNER FREEDOM THROUGH THE PRACTICE OF DISPASSION AND MEDITATION (PAPERBACK)



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Pls Publications, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Personal Liberation System (PLS) is a method of attaining inner freedom through the integrated practice of dispassion and meditation. Dispassion enables you not to be thrown into agitation (irritation, anger, fear, self-pity, worry, etc.) by people, events, and circumstances. Meditation builds a pathway from out of the realm of ordinary thoughts, feelings, and physical sensations (not-self) and into that of your real Identity (Self). Integrated into a system, these two disciplines support and enhance each other, like exercise and diet do in a physical fitness regimen. Thus meditating creates a reservoir of calm that makes practicing dispassion easier, and quelling agitated reactions to life makes it easier to meditate. The PLS is designed for people with a wide variety of motives and goals: (1) be a better person and have a better life; (2) free yourself from painful patterns and reactions to life; (3) uncover your real Self and live at your center; (4) improve our relationships; (5) tread the spiritual path. If you have the will to improve your psychological well-being in most any area, the PLS techniques will furnish the way to accomplish it. The book contains everything you need to know about how to use the system. It was designed to serve as both an instruction manual and a handy reference source once you put the techniques into practice. Here are its topics and overall structure: Part I. Dispassion 1-The Basis of Dispassion 2-The Necessity for Dispassion 3-The Science of Dispassion 4-Seeking Accepting Facts 5-Expecting Nothing 6-Rejecting Unnecessary Seriousness 7-Learning Through Experimentation 8-Minding Our Own Business 9-Curbing Needless Speculation 10-Forgetting the Past 11-Controlling Speech Part II. Meditation 12-The Basis of Meditation 13-The Necessity for Meditation 14-The Basic Meditation...

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