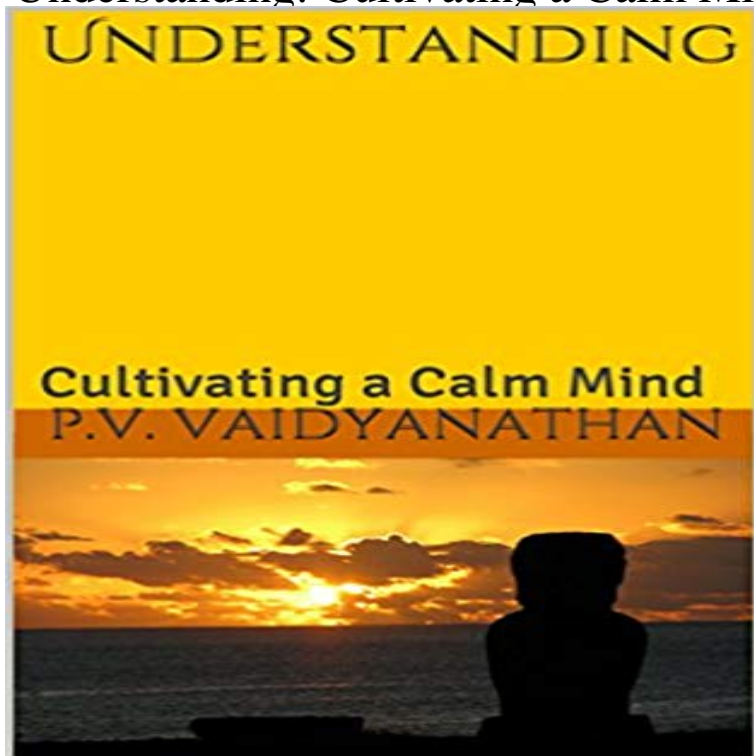


## Understanding: Cultivating a Calm Mind



If you are constantly choosing Fear over love, diplomacy over honesty, wanting over giving, knowledge over intuition, conflict over consensus, mind over heart, death over life and misery over happiness, then you are living a very artificial life, out of touch with reality and your true self. If this is true for you then this book will help you achieve a deep understanding about life, about human behavior, about your mind, thoughts and emotions, and about being true to yourself. If you want to live your life on the surface of the ocean, enjoying the scenery passing by, this book can become your luxury liner. But if you are looking to find some meaning in life, find your true purpose, if you want to live life deeply, richly and completely, this book could become your submarine. The choice, ultimately, is yours to make.

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