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Contents: Foreword: Chapter Summaries: Part One: Introducing the Path

of the Heart; 1 Eight Keys to Inner Peace; 2 Realizing Truth by

Recognizing Illusion; 3 The Yogas of Knowledge, Devotion and Action; Part Two: The ABC of Spirituality; 4 Stages in the Transformation of the Lower Self; 5 The Mask of Withdrawal; 6 The Nine Matrices of the Lower

Self; 7 Pride and Humility; 8 Adversity: The Forgotten Guest; 9

Gratitude through Forgiveness; Part Three: Transforming Relationships;

10 The Quest for Exclusive Love; 11 On Intimacy

12 Spirituality and Sex13 Marriage for a New Era; Part Four:

Transforming the World; 14 Finding Yourself in these Times of Change; 15 Money and Spirituality; 16 Raising Children to Become Conscious Adults; 17 Honoring the Feminine and Mother Earth; 18 Selfless Service and the Promise of Our Lineage; Part Five: Higher Consciousness; 19 The Transition from Lower to Higher Self; 20 Four Keys to Sustaining Ecstasy; 21 Putting God in First Place; 22 Sanatana Dharma: The Path of Enlightenment; Part Six: Master Teachers; 23 Rama, Sita, and

Commitment to the Truth

Commitment to the Truth

24 The Inner Mysteries of Shiva, Ganga and Durga Devi25 The

Bhagavad Gita on the Struggle between the Higher and the Lower Self;

26 The Essence of the Teachings of Jesus Christ; Part Seven:

Challenging Questions; 27 Is this Religion?; 28 What about all this Devotion?; 29 What about the Guru-Disciple Relationship?; Part Eight: Concluding Meditations; 30 Redefining Enlightenment; 31 Becoming a Channel of Light; Glossary; Psycho-Spiritual Terms; Terms from Sanskrit and the East

Sommario/riassunto

From Suffering to Joy offers a method of self-discovery that can help bring harmony to your life and help you build truly intimate relationships. Prem Baba is a Brazilian master teacher of an ancient spiritual lineage in India who focuses on building a bridge between spirituality and psychology, East and West. In this book he offers a practical met