



In Our Country: Why We Must Love Our Country ? (Paperback)

By Rajan Thapaliya

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****.The Himalayas of Nepal has long been known as world s Shangri-La, where the spiritual influence and connections have lasted over centuries making it a meditation haven for people seeking peace, knowledge, and solace. Nepal, home to the highest peak on earth (Mount Everest), is comfortably nestled between two giants China and India like a beacon for all who seek an authentic, blessed and naturally mystical place. People have looked up to the Himalayas for spiritual consolation for millennia and it is where gods are believed to go to meditate and replenish their spiritual heat. Meditation is the remedy for the universal problem and makes you physically fitter, emotionally calmer, mentally more alert and personally more stable. It can be freely practiced by anyone and it will prove beneficial to everyone. Mediation packages can be short, about a week or longer based on the interest and need of the seeker. The beautiful Himalayas of Nepal invites everyone to experience its exquisite beauty and spiritual power to help you develop your capacity of mindfulness and assist you in searching the truth...



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