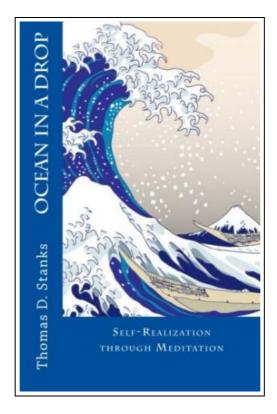
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Createspace, United States, 2015. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. OCEAN IN A DROP is a journey to self-realization. It guides the reader to expansion of consciousness through meditation. While using many authors to help on the way, it relies on one s own direct, immediate experience for the answer to, Who Am I? The title OCEAN IN A DROP was inspired by a comment made by Lama Govinda. Instead of the drop slipping into the sea, the sea slips into the drop, the infinite into the finite, universal consciousness into the human vessel. Ocean in a Drop, as used here, has two meanings. First, everything I need is already in me. I have but to explore and discover the tremendous sea that I am. Second, something needs to be dropped--namely mind, ego, authority because when I let go, I find all.



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