

## Oneness Effort: Self-Help Guide for Awakening (Paperback)



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### **Reviews**

*An exceptional book and also the font utilized was intriguing to read. This is for all who statte there was not a worth reading. It is extremely difficult to leave it before concluding, once you begin to read the book.*  
**(Prof. Tyson Hilpert)**

## ONENESS EFFORT: SELF-HELP GUIDE FOR AWAKENING (PAPERBACK)

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Createspace, United States, 2013. Paperback. Condition: New. Heidi Borgart (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Reading Oneness Effort might be the first step in order to cure yourself permanently from the psychical, emotional and existential suffering you have been facing in your life up to this moment and boosting your spiritual power with a mind in idle mode. Oneness Blessing energy transference is complementary to reading and practising the in Oneness Effort suggested exercises. Oneness Effort has been published with permission of Oneness University and has been blessed by Bhagavan. Oneness Effort was initially written down for life coaching clients. It was handy to give clients structured information and homework to prepare for next counseling sessions. Over the years the material grew and is now bundled into one book. It represents Jyotisha s present view on what is most important for personal growth. Most of the know-how in this book originates from Oneness University teachings. In addition the Flower of Life symbol and teachings are linked to these. You might say grace can be defined as Divine Intervention in our lives. It is part of the resultant quadrant or physical quadrant. It represents the fruit of our purification efforts. In case you reach a permanent awakened state an automatic acceleration of embracing occurs. You need support from deep inner peace energy from someone else to break through your patterns. This Oneness Effort workbook supports you in seeing patterns better and asking for more specific support from others through whom the Divine is working. In the end everything is DIVINE. Chapter Understanding our Emotions is designed to explaining the major emotions in great detail, how they are related and how they develop from subtle to extremely strong. By understanding these distinct emotions we are more likely...

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