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## A Mystic in Maine: A Guide to Self-Knowledge (Paperback)

By Russell Yates

Brighton Publishing LLC, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.What does it mean to be a mystic? Does it mean examining the very fabric of reality and developing paranormal abilities? Can anyone tap into their innate abilities to connect with the divine? Author Russell Yates says yes--and shows the reader in chapter-by-chapter detail how to gain a self-consciousness characterized by reduced fear and evidenced by paranormal experiences. Mysticism is about leading a magical and miraculous life. Mysticism is about love and joy, living a happier life, and being free from worry. Using personal anecdotes and examples from mystics past and present, Yates describes how you can become a mystic by clearing perceptions, harnessing reality, connecting with the divine life force, and gaining paranormal abilities. He teaches techniques for meditation and examines the five practices that can result in self-consciousness: observation, meditation, concentration, visualization, and introspection, which can be applied universally to many spiritual paths. Yates doesn't ask you to believe in any gods or ethereal planes or religions. He only asks that you harness the spiritual power, the personal power that you're already using but take for granted....



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