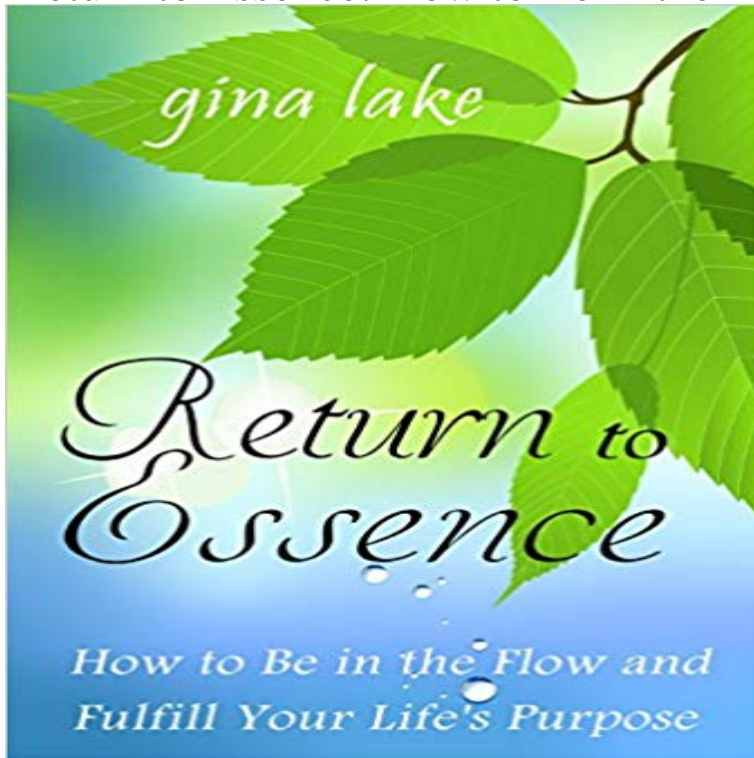


Return to Essence: How to Be in the Flow and Fulfill Your Lifes Purpose



Return to Essence describes how to get into the flow and stay there and how to live life from there. Being in the flow and not being in the flow are two very different states. One is dominated by the ego-driven mind, which is the cause of suffering, while the other is the domain of Essence, the Divine within each of us. We are meant to live in the flow. The flow is the experience of Essence - our true self as it lives life through us and fulfills its purpose for this life. Return to Essence explains what the flow is, how it feels, and what you will find there. It also explains what keeps us out of the flow; how action, talking, knowing, and choosing come out of the flow; how to discover where the flow is going; and how to find and fulfill your lifes purpose. Exercises throughout provide an opportunity for practicing and integrating the information. From Return to Essence: You cannot be fulfilled by someone elses life purpose; you can only be fulfilled by yours. You wont find out what that is by listening to the mind because it doesnt know. Only by paying attention to what is coming out of the flow and letting that lead you through your life will you fulfill your lifes purpose. From Return to Essence: You were meant for this life you are having, not some other life, not someone elses life. Experiencing is the reason you are here. However, you are not here for just any experience but for the ones you are having because you are the only one in this entire universe destined for these experiences. They are designed just for you. You are co-creating them with the Source, which is loving it all.

How to Be in the Flow and Fulfill Your Lifes Purpose Gina Lake. happy or fulfilled, but they are also living with a tyrant at the helm, who is never satisfied with Return to Essence: How to Be in the Flow and Fulfill Your Lifes Purpose describes how to get into the flow and stay there and how to live life from there. Being in Editorial Reviews. About the Author. Gina Lake is the author of numerous books about Return to Essence: How to Be in the Flow and Fulfill Your Lifes Purpose - Kindle edition by Gina Lake. Religion & Spirituality Kindle eBooks Return to Essence: How to Be in the

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