

Download Stillness From The Heart

Your innermost sense of self, of who you are, is inseparable from stillness. It is the I Am that is deeper than name and form. ~Eckhart Tolle
Stillness: Biodynamic Cranial Practice and the Evolution of Consciousness by Charles Ridley Random House/North Atlantic Books “It is a book about consciousness from beginning to end...Inner Stillness and Silence. Many spiritual cultures agree inner stillness creates an energetic environment for supporting our advancing consciousness that can unleash the transformational power of our love., Stillness From The Heart.

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