



The Kelee: An Understanding of the Psychology of Spirituality

By Ron W. Rathbun

Paperback. Condition: New. 376 pages. Quite often it is a quandary for people to decide: do you believe what you think about someone or what you actually feel about them? If you are to develop your mind, it is important to begin to trust what you sense. How many times have you had a bad feeling about something, not listened and regretted it? When it comes to the very deepest part of who we are, it comes down to a feeling. This deep feeling sense is associated with your mind. This book brings together an understanding of the intimate connection between psychology and spirituality—the connection between the brain and the mind. The Kelee is a roadmap of how to be in mind. It is a set of reference points that anyone can find to connect with their mind. Kelee meditation is the practice that takes you there. When we begin to look at our life from our mind, it gets easier. We begin to feel better about who we are, and really see things for the way they are, leading to a feeling of contentment and harmony. This book includes a step-by-step of the Kelee meditation practice. This item ships...



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