



## Metanoia: The Art of Transmutation (Paperback)

By Jay Carson

Quilztl, South Africa, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is about using each event in our lives (whether it be big or small, positive or negative in nature) to learn control over ourselves, learning to distinguish the real from the illusory, and developing the ability to feel the truth. In the words attributed to Socrates (but most likely from a much earlier period) and Hakim Sanai this book is about, Self- knowledge and giving attention to the soul and the realization that, Knowledge that does not take you beyond yourself is worse than ignorance. One of the aims of this book is to provide practical ways to help you cultivate a secure, resilient, inner mental space which in turn helps repel mental blows and pressures from the outside world. Are you open to change? And if so how do you change. In order to change you need to question your own Inner Authority. How did this authority come into being and what forces established and maintain this authority. How does this authority direct and control your thoughts and behaviour. Was this inner authority firmly established by yourself or your true...



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