



## Seeds of Enlightenment: The Buddha Within (Paperback)

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By Dr Andrea Scarsi Msc D

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Seeds of Enlightenment is a practical enlightenment training that walks backward the path of mysticism and transmits the twelve basic qualities and attitudes that each enlightened person possesses, radiates, and shares. It is structured in an easy and accessible way and suggests a simple work of practice in which there is nothing to change in your life, you just have to add and maintain the quality and attitude you are in succession practicing. Seeds of Enlightenment is an easy program, it requires monastic commitment and determination, but it is certainly pleasant and rewarding and lovingly leads you, step by step, directly to fulfilling your own destiny. Seeds of Enlightenment is a handbook of modern Zen practice. Be patient and diligent, the path itself is already a point of arrival beyond time and target. There is no hurry in mysticism, the way is infinite; you just have to go through to the end.

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