



Find Your Own Zen Volume 5: The Chakra Guide To Quick Enlightenment

Mumin Muhammad

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Life is a big playground, we all came here to live and explore the world and our potential. Sometimes we allow our past mistakes and negative hurtful experiences take the fun out of life, making life appear to be more serious. This is all hell in the mind based on lack of appreciation and forgiveness of self and others. The distraction is looking out, we focus too much on what we see, hear, and other people's lives. Challenging our beliefs helps us evolve so that we can have new experiences.

Hell is only a mental and emotional experience; it then extends physically then becomes suffering. Pain and suffering within is only the inner struggle of man, the battle of good and evil within us all. We attract what we feel worthy of, what we fear about us that is deep within. As we learn to understand ourselves, then we will see that hell is based on what we hold on to, this is why it is important for us to understand ourselves and our past.

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