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Body, Mind & Spirit

Relax, You're Already Perfect: Ten Spiritual Lessons...to Remember
Bruce D. Schneider
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The abstract concept of perfection is elusive and frustrating to most people. Schneider starts off by stating: “This book is about you as the perfect creation of the Universe…by accepting and living this as truth, you come to understand the world and realize why things happen. This will allow you to experience true freedom. Not accepting this keeps you fearful, preventing you from becoming spiritually enlightened.”

An insightful introduction tells how the author’s own awakening happened by accident — literally, a car wreck. His miraculous physical healing resulted in a fulfilling career of helping others spiritually heal themselves.

Each of the ten lesson sections of the book is broken down into the multitude of myths that people hold as belief systems and further allow to shape their lives. Schneider refutes the myths with easy, straightforward logic. His spiritual emphasis purposely does not advocate any one religious affiliation, but rather follows a comprehensive viewpoint. For example, the words God, Universal Intelligence, Higher Power, and Love are used interchangeably and without preference. Personal anecdotes from the author’s life are also scattered throughout.

The ten lessons, or the re-learning of “what we already know,” consists of a wide range of empowerment practices that are written as sixteen, successful action plans or techniques for an enlightened existence. They include: relaxation, breathe work, dreamwork, visualizations, affirmations and spiritual guidance. The author is confident about what he has “remembered” through personal meditation and spiritual work and tells the reader: “Signs are always available if we are awakened. It doesn’t matter how you find your purpose. It’s only important that you do discover that which allows you to express yourself fully. Practice all the applications in this lesson, and you will get your answers.”

Schneider's simplicity of style and positive approach denotes a clarity and integrity that validates this "already perfect" message.

Aimé Merizon