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Why Walk When You Can Fly? Soar Beyond Your Fears and Love Yourself and Others Unconditionally

Isha
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“The perplexities of love are incomprensible to the human intellect,” writes the Australian-born spiritual teacher, Isha (born Jennifer Lee Duprei). “Love is the greatest force that exists, the only thing that exists, and yet we experience it on such a minimal level.”

Why Walk teaches readers living in these perilous years of the early twenty-first century how to recognize love—or love-consciousness, which she seems to equate with God—as all there is in the universe. The book also teaches that those who focus on love will find their lives improved. As founder of the Isha Foundation Educating for Peace, which is headquartered in Uruguay, this New Age writer has a wide following around the world.

Isha’s teaching, which is a kind of mindfulness practice, opens with four “facets,” which resemble koans or affirmations. The first, “Praise love for this moment in its perfection,” is a paraphrase of the truism, “Be here now.” She also paraphrases the popular Law of Attraction: “What we focus on grows.” As the first facet is about mindfulness, the second is about psychological projection, acceptance, and gratitude, the third is about self-acceptance and enlightenment, and the fourth is about focusing on one’s unity with the universe.

Having polished these facets, the reader approaches the Diamond Portal. “I call this the Diamond Portal,” Isha writes, “because all humans are like perfect diamonds….Our facets are unique, as all diamonds are unique….They are all all translucent and radiate only light.” This light which might be compared to the emanation of the crown chakra—that is the essence of love-consciousness. Isha urges readers do their own work to discover who they truly are. Finding and “stabilizing” love-consciousness, she asserts, is “the permanent experience of inner fulfillment. [It] is true freedom” and gives readers the ability to “live fully on the shifting sands of the world…without the need to control or manipulate [their] surroundings.”

Isha distinguishes her system from meditation by saying that her system deals with the objective world; practitioners can live in love-consciousness while they’re carrying on everyday activities. Part two describes the seven components of the system and teaches practitioners how to deal with issues like illness and addiction. Anyone who wants to live a more fulfilled life is sure to find something valuable in this book.
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