



## The Luminous Mind Workshop

*Marianne Williamson*

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*Marianne Williamson*

## **The Luminous Mind Workshop** Marianne Williamson

This recording of Marianne Williamson's seminar at the Esalen Institute in Big Sur, California, helps listeners to see the luminous light within themselves and within each person in their lives. Williamson's meditations, prayers, thought-provoking lectures and exercises take us on an exploration of our human potential and are designed to help us return to our "Serene Centers." By quieting our minds and going within to that still place that exists in all of us, we can find the courage to look at ourselves in a new and "luminous" light and explore the unlimited possibilities that exist in our lives and our world.

In-depth exercises, meditations, prayers, and thought-provoking lectures are accompanied by therapeutic background music. All are designed to have a profound effect on listeners' day-to-day lives by helping them find and remain in their "Serene Center," with the courage and presence of mind to look at their lives in a new, "luminous" light.

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A lot of people always spent their own free time to vacation or even go to the outside with them loved ones or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book you read you can spent all day long to reading a reserve. The book The Luminous Mind Workshop it doesn't matter what good to read. There are a lot of people that recommended this book. These were enjoying reading this book. If you did not have enough space to create this book you can buy typically the e-book. You can m0ore simply to read this book from the smart phone. The price is not to cover but this book offers high quality.

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