



## One-minute Mystic

By Simon Parke

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, One-minute Mystic, Simon Parke, This work helps you to wake up your mind and soul with a mini meditation! Need a break from the mayhem of the modern world? Sometimes all you need is to give yourself permission to pause. You're not looking for easy answers or quick fixes; but you haven't given up on truth - truth that is deep enough to hold and transform the realities you live with every day. So why not try these simple steps? Simon Parke draws on his popular column in the "Daily Mail" to open you to wide doors of awareness and possibility. "One-Minute Mystic" gives meditations for those who like to pause, but who don't always know how to, or what to pause with. Just find a quiet place where you will not be disturbed, read through the meditation a few times, and allow its simple wisdom to inspire a shift within you. Wherever you are, and whatever your circumstances - it only takes a minute!.



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