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# Handbook to Higher Consciousness

Ken Keyes



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### Handbook to Higher Consciousness

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#### Handbook to Higher Consciousness Ken Keyes

A complete guide for your inner awakening that can lead you to serenity, self-discovery, and an unconditional love of people and life, the Handbook will help you to become aware of the emotion-backed demands you've acquired -- many dating back to childhood -- that falsely guide your search for happiness. It helps you to see how you have been turning yourself off to the energies of the world around you, and how, unconsciously, you have been thwarting yourself. In clear, straightforward language, the Handbook helps you to realize that the only real problem in your life involves how consciously to use your mind. It shows that the real answer is within yourself, and how you have only to rearrange your own personal, programmed responses to life situations and people. You are given clear instructions on how to move your life upward to the planes of higher consciousness -- to experience the world as a friendly, loving place designed to give you more than you need. The steps to higher consciousness are practical -- you needn't turn off the world or detach yourself from everyday activities. They can be applied on the spot wherever you are, whatever you are doing. See how to transcend tensions, anxieties, and conflicts and turn these experiences into a tuned-in enjoyment of the here and now in your life. The human brain -- your biocomputer -- is the most remarkable instrument in the universe. Your only problem is to learn how to use it properly. Once you understand how to reprogram this exquisite mechanism for higher consciousness living you will be able to fully realize your potential for a happy life. You can do it without mystical or metaphysical programs, gurus, or far-out states of mind. Once you understand the fundamentals of this unique program, you can use the treasures of your everyday experiences to grow into higher consciousness. Enjoy the challenge of this concise, practical, and readable book. Then experience the satisfaction of realizing your full potential.

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