



Path of No Way (Primer)

Stephano Sabetti

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The Path of No Way: A Spiritual Primer introduces you to the fundamental concepts of this conscious lifestyle and to two main methods of uncovering the elemental "you": essential inquiry and process meditation. Essential inquiry provides a systematic approach to find out what makes you feel joy and experience love by eliminating what prevents you from their direct experience. It also invites you to experience the inner peace of simplicity and to rediscover the choiceless and emanant freedom of your essential nature. Process meditation complements this inquiry by helping you understand how everything in your life is a function of spiritual flow.



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