

# Presence Awareness: Just This, Nothing Else - Your Journey to Inner Peace

In the fast-paced, often overwhelming world we live in, it's easy to get caught up in the constant rush of thoughts and activities. Our minds race with worries about the future, regrets about the past, and endless distractions that keep us from fully experiencing the present moment.



## Presence- Awareness: just this nothing else

by Sailor Bob Adamson

★★★★☆ 4.5 out of 5

Language : English  
File size : 1492 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 152 pages  
Lending : Enabled



This constant state of distraction and busyness not only takes a toll on our mental well-being but also robs us of the joy and fulfillment that life has to offer. The antidote to this incessant mental chatter is presence awareness - a practice that trains our minds to focus on the present moment, without judgment or expectation.

In his groundbreaking book, *Presence Awareness: Just This, Nothing Else*, renowned spiritual teacher Gangaji offers a comprehensive guide to

cultivating presence awareness. With over 30 years of experience teaching meditation and mindfulness practices, Gangaji provides practical techniques and profound insights that will help you:

- Break free from the grip of constant thinking
- Unlock inner peace and contentment
- Cultivate resilience and adaptability in the face of life's challenges

li>Experience the transformative power of non-resistance

- Discover the true nature of reality

*Presence Awareness: Just This, Nothing Else* is not just another self-help book. It's a profound exploration of the nature of consciousness and the path to spiritual awakening. Gangaji's teachings are grounded in the ancient wisdom of non-duality, which recognizes the interconnectedness of all things and the essential unity of all life.

Through a series of practical exercises, guided meditations, and thought-provoking discussions, Gangaji guides readers on a journey into the heart of the present moment. She reveals the subtle ways in which our attachment to the past and future keeps us from experiencing the fullness of life. She also provides powerful insights into the nature of suffering and how to find lasting liberation from it.

Whether you're new to meditation or have been practicing for years, *Presence Awareness: Just This, Nothing Else* will deepen your understanding and practice of presence. It's a timeless guide that will empower you to live a more mindful, peaceful, and fulfilling life.

## Praise for *Presence Awareness: Just This, Nothing Else*:



***“ "Gangaji's teachings on presence awareness are a profound and life-changing gift. This book is a treasure trove of wisdom and practical guidance that will help you find inner peace and lasting fulfillment."- Eckhart Tolle, author of The Power of Now”***



***“ "Presence Awareness: Just This, Nothing Else is a must-read for anyone who wants to live a more conscious and awakened life. Gangaji's insights are transformative and her teachings will guide you on a journey of self-discovery and spiritual growth."- Deepak Chopra, author of The Seven Spiritual Laws of Success”***

**Free Download your copy of *Presence Awareness: Just This, Nothing Else* today and embark on your journey to inner peace and lasting fulfillment.**

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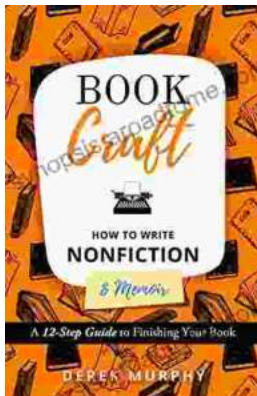
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