



Radical Happiness: A Guide to Awakening

by Gina Lake, Nirmala's wife

Radical Happiness: A Guide to Awakening provides the keys to experiencing the happiness that is always present and not dependent on circumstances. This happiness doesn't come from getting what we want, but from wanting what is here now. It comes from realizing that who we think we are, that is, who our thoughts tell us we are is not who we really are. This is a radical perspective! True happiness comes from experiencing our true nature by being present in each moment.

Radical Happiness describes the nature of the egoic state of consciousness, how the ego interferes with happiness, what awakening and enlightenment are, and how to live in this world following awakening. Exercises are included to help you apply the information and transform your experience of life-and become happier! You will discover:

- The truth about who you are
- What causes suffering
- How to be in the moment
- How the ego operates and how the Self is experienced
- How to dis-identify from the ego and become free of conditioning
- How to meditate
- How to be with emotions in a way that heals and releases them
- How to find your way to your life purpose
- What awakening is like and how an awake life is lived
- How the Self guides you

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About Gina Lake:

Gina Lake, Nirmala's wife, is a spiritual teacher who is devoted to helping others wake up and live in the moment. She has a master's degree in counseling psychology and over twenty years experience supporting people in their spiritual growth. Her books include *Radical Happiness*, *Embracing the Now*, *Anatomy of Desire*, *Return to Essence*, *What About Now? Loving in the Moment*, *Living in the Now*, and *Getting Free*.

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, book excerpts, a free monthly newsletter, a blog, and audio and video recordings:

www.radicalhappiness.com.

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