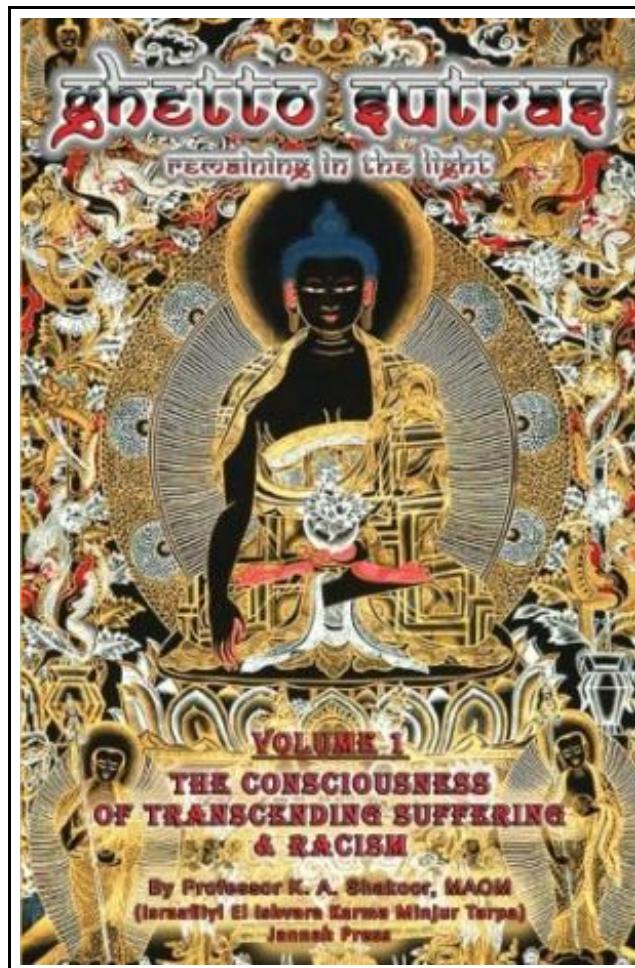


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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. J Carlo Diaz Pe (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Shakoor filters through more than 50 years of personal work and study with many spiritual masters and gives us the gems at the top of the sieve. He is generous, concise and potent with his knowledge. Ghetto Sutras is the vital perspective needed in today's tumultuous times that interweaves the perspectives of taking responsibility for clearing and healing our heart and mind while also acknowledging the complex external systemic forces that hold humanity back from living our true potential. The purpose of the Ghetto Sutras is to share the concepts of Universal Buddhism with people who are new to it or have had limited exposure. In the Western world, supporters of Buddhism have been largely middle and upper class and the material has been presented in such a highly academic format that it often alienates the masses. Our world is in dire need of a system that can truly address the sufferings of our time. This book is an attempt to do just that in a society that is largely influenced by Christian, Jewish, Vedic and Islamic systems. Ghetto Sutras has several themes: 1) To present practices where one can control the mind, the breath, and be able to re-channel the primal energy (sexual energy). These serve as the foundation for attaining enlightenment. Many spiritual and personal improvement books leave the reader unsure as to what to actually do to begin their journey. Ghetto Sutras includes actual physical exercises to aid the reader in their spiritual and consciousness expansion. For this reason, the book is offered in color and in two different sizes: one standard and the other a portable pocket size. 2)...



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