

FINDING THE ESSENCE

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Following the publication of twenty-five books and three decades after 'Your Erroneous Zones', WAYNE W. DYER reveals the power of inspiration so that we can find the true essence.

From his personal experience and without academicism, Dyer suggests we should live joined to our spirit, connect with the energy that created the universe and find out the meaning of our own life. In his book 'Inspiration', he evaluates his own vital history. Abandoned from a very early age in a foster home, son of an alcoholic father who deserts his family and a mother with no means of support... he continued to be naturally devoted to others. Today, from success and maturity, he considers that circumstance to have been an inspiration. Is his happiness the result of his willingness to follow his calling? Or does it emerge from the act of helping itself?

This renowned therapist of a clear and straightforward style shows us his personal view of life, and he proposes recipes such as making good use of the silence of meditation, living at the expense of approval and results, and enjoying the present attaching very little value to material things. He sails on the banks of the mystic and writes from spirituality based on his beliefs. He speaks about forgiveness, goodness, generosity, about getting away from the influence of the media, violence, hatred and fear. He reminds us that it is possible to be at peace with oneself and with the world from simplicity and honesty.

His positive message encourages us to pursue our personal ideal, to get rid of the unnecessary, to free time and enjoy it, to connect with nature, to look after our health and to relax. We, human beings, can also be a source of inspiration to others. How? By living life with enthusiasm from gratitude and sincerity, and by being good listeners. Simple advice? Yes, but effective.

Inspiration leads us to be in tune with the whole of which we are a part, to be better and happier, to find harmony in our feelings, in nature, in recent events and in our relationships. According to Dyer, chance also talks to us every day. We can listen or disconnect. And everything has a moment. Fate put this book in my hands. Coincidence or inspiration?

"Inspiration connects us with the energy that created the universe.
It shows us the meaning of our life."

Traducción: Fernando Fernández Romero