

## Freedom is a Human 'Being'

Is the author's second book that takes the reader on a journey towards one's self-empowerment and inner-happiness. A practical guide to expanding one's consciousness through examples and explanations of the mechanisms and traps that we fall into that stop us from experiencing true freedom. The author offers many practical tips along with effective exercises that help in facilitating one's own awakening to a larger and more profound awareness of one's true natural state, the presence and power of 'being'.

### Some of the topics covered:

- How to center and calm oneself
- The perfect relationship
- Stop giving your power away
- How to gain more trust and faith
- The house that Guilt built



*Panda, from Chinese descent, was born in 1958, Vancouver Canada. From the age of 12 he began practicing and living the art and philosophy of Tai Chi. By incorporating Tai Chi's main principle of non-resistance and following one's true nature he was slowly brought to all his spiritual teachers who gave him the profound experience of his innermost being. With a background of more than 35 years in the fields of Eastern Therapeutic Therapies and Self-Realization*

*arts he has combined his personal awakenings and trainings to create a unique work that leads to transformation and Self-Realization. He has taught for more than 20 years. He is also the author of the book, "Self-Realization Through Movement"- Autobiography of a Tai Chi Yogi - a guide to Self-mastery & Self-enlightenment and his instructional DVD "Self- Realization Through Movement."*

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AND INNER-HAPPINESS