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# Mind Yoga: The Simple Solution To Stress That You've Never Heard Before



The simple solution to stress  
that you've never heard before\*

MARY SCHILLER

\*no stretchy pants required



## **Synopsis**

What if you could essentially eliminate stress from your daily life simply by seeing your mind in a whole new way? It's time to unwind your mind ... for good. Mind Yoga is an easy, revolutionary method of stress relief that can be learned by anyone, of any age. It requires no special skills. It's not a fitness routine or a spiritual practice. It's a way of seeing the true source of stress, and once you do, stress has no power over you. You're free to live the life you really want to live. [www.mindyoga.me](http://www.mindyoga.me)

## **Book Information**

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## **Customer Reviews**

Michael Neill's wonderful book "The Inside-Out Revolution" opened my eyes, but Mary Schiller's book "Mind Yoga" opened my mind! Thank you, Mary, for presenting this information with such clarity!

I just finished reading Mind Yoga and I love it. Mind Yoga is concise and easy to read, and it really explains the nature behind stress and how to live a stress-free life. There are no steps to follow just

simple principles (in this case poses) to understand. Mary's ideas, as she writes, are her "interpretation of the insights of Sydney Banks and his expression of those insights in the Three Principles of Mind, Consciousness and Thought." For those of you who are familiar with the 3Ps I can honestly say that this is one of the easiest understandings of the 3Ps that I have read. For those of you who aren't familiar with the 3Ps, don't worry; just read Mary's book, and you will have a new understanding that will help you live a life with more joy and less stress.

If I learned the things Mary speaks of in her new book years ago, I would have saved hundreds of thousands of dollars trying to get rid of stress and anxiety. This book contains information that has the potential to be a game-changer in your experience of life!

A big improvement from the previous "Formula" book...I have to admit it is best in the way making the misunderstanding in our thinking system very clear and it is written in a genuine "vulnerable" and "compassion" way which is very rare and I am not talking out of the blue after 45 years on the scenery and reading hundreds of books...seeing and hearing it all. Although a great warning I find is as the book is practical written as a method - even claimed in the book - emphasizing the dissolving of stress in a repetitive way which will "inevitable" lead to HOPE and EXPECTATION which on the end is an ego movement. The fact is that we have only one tool at our disposition the "EGO" or the dual thinking a heritage from thousand of years of mankind past and further reinforced through education. For being aware, remembering , letting go, doing nothing...we have to USE THE EGO inevitable as it is our only tool available to "do" this so it is in a way again FOOLING yourself, thinking over the thinking ...an ego trick from the tens it has in stock to create an illusion of relief, even an ego awakening, enlightenment..or whatever experience like the very popular "looking at your thinking from your natural state...IMPOSSIBLE but creates a TEMPORAL RELIEF and bliss feeling...but once this is over you have reinforced your ego even more again. On the end the intention of Banks was not to create a method but deep understanding of our tremendous (body) Intelligence we have at our disposal "what is " BEFORE the thinking once there is "NOBODY" wanting to become of get rid of something in the future. Any way I can still recommend the little booklet highly as a "first step" to a deeper understanding later and what it is really about. Maybe further reading "Invisible Power" or the personal guidance from "MAY Schiller" an exceptional writer on the subject in her genuine way.

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