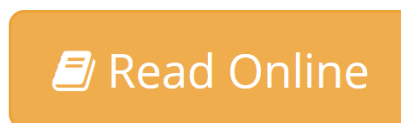


The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self

By Pavel G. Somov



The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self

By Pavel G. Somov

Discover the Lotus Effect

The lotus plant has a unique ability to survive in muddy, humid swamps, producing beautiful flowers that bloom just above the water's surface. By repelling dirt and parasites from their leaves, lotuses are able to thrive and access as much sunlight and water as possible. What if we, like the lotus, could let the trials and tribulations of everyday life slip away and emerge unscathed and whole?

Suffering results when we lose sight of our true sense of self and absorb everyday frustrations instead of letting these feelings fall away. Inspired by Buddhist and Vedic psychology, **The Lotus Effect** will help you rediscover who you are by clarifying what you are not. Through the contemplative "identity detox" exercises and meditations in this book, you'll learn to let go of stress, worry, anger, suffering, and need for approval as naturally as the lotus sheds mud from its leaves. As you practice detaching yourself from life's disappointments, frustrations, and fears, you'll take the first steps toward strengthening your core "lotus self" so that you, too, will possess the resilience to blossom, no matter the circumstances.

 [Download The Lotus Effect: Shedding Suffering and Rediscover ...pdf](#)

 [Read Online The Lotus Effect: Shedding Suffering and Redisco ...pdf](#)

The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self

By Pavel G. Somov

The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov

Discover the Lotus Effect

The lotus plant has a unique ability to survive in muddy, humid swamps, producing beautiful flowers that bloom just above the water's surface. By repelling dirt and parasites from their leaves, lotuses are able to thrive and access as much sunlight and water as possible. What if we, like the lotus, could let the trials and tribulations of everyday life slip away and emerge unscathed and whole?

Suffering results when we lose sight of our true sense of self and absorb everyday frustrations instead of letting these feelings fall away. Inspired by Buddhist and Vedic psychology, **The Lotus Effect** will help you rediscover who you are by clarifying what you are not. Through the contemplative "identity detox" exercises and meditations in this book, you'll learn to let go of stress, worry, anger, suffering, and need for approval as naturally as the lotus sheds mud from its leaves. As you practice detaching yourself from life's disappointments, frustrations, and fears, you'll take the first steps toward strengthening your core "lotus self" so that you, too, will possess the resilience to blossom, no matter the circumstances.

The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov **Bibliography**

- Rank: #878522 in Books
- Brand: Pavel Somov
- Published on: 2010-10-01
- Original language: English
- Number of items: 1
- Dimensions: 8.96" h x .49" w x 6.32" l, .64 pounds
- Binding: Paperback
- 216 pages

 [Download The Lotus Effect: Shedding Suffering and Rediscover ...pdf](#)

 [Read Online The Lotus Effect: Shedding Suffering and Redisco ...pdf](#)

Download and Read Free Online The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov

Editorial Review

Review

In **The Lotus Effect**, Pavel Somov teaches us to work our way through the complexities of pain, suffering, and impermanence and learn to let go and accept the teachings of our afflictions of body, mind and soul. With the lotus effect, we shift from pain and suffering toward growth, rebirth, and transformation of the self. Great for clinicians to use with clients and for all others seeking to grow a new lotus within themselves. —Ronald A. Alexander, Ph.D., executive director of the Open Mind Training Institute and author of **Wise Mind, Open Mind**

From the Publisher

The Lotus Effect offers readers a variety of Buddhist meditative techniques, both ancient and modern, for shedding the worry, rumination, obsessive thinking, and overthinking that causes suffering and prevents people from fully absorbing positive situations and experiences.

About the Author

Pavel G. Somov, Ph.D., is a licensed psychologist in Pittsburgh, Pennsylvania. He is the author of **Eating the Moment** and **Present Perfect**.

Users Review

From reader reviews:

Mark Hart:

Book is to be different per grade. Book for children right up until adult are different content. To be sure that book is very important for people. The book The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self has been making you to know about other information and of course you can take more information. It is rather advantages for you. The publication The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self is not only giving you more new information but also to get your friend when you feel bored. You can spend your own personal spend time to read your book. Try to make relationship while using book The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self. You never truly feel lose out for everything in the event you read some books.

Brandon Jenkins:

As people who live in the actual modest era should be revise about what going on or information even knowledge to make these keep up with the era that is certainly always change and progress. Some of you maybe can update themselves by examining books. It is a good choice for you personally but the problems coming to an individual is you don't know what type you should start with. This The Lotus Effect: Shedding

Suffering and Rediscovering Your Essential Self is our recommendation to cause you to keep up with the world. Why, because book serves what you want and wish in this era.

Melvin Dove:

A lot of people always spent their free time to vacation or perhaps go to the outside with them family or their friend. Were you aware? Many a lot of people spent these people free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the whole day to reading a guide. The book The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self it doesn't matter what good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore simply to read this book from a smart phone. The price is not too costly but this book features high quality.

Joan Ortega:

Reading a book being new life style in this calendar year; every people loves to learn a book. When you read a book you can get a wide range of benefit. When you read books, you can improve your knowledge, due to the fact book has a lot of information upon it. The information that you will get depend on what sorts of book that you have read. If you want to get information about your examine, you can read education books, but if you want to entertain yourself look for a fiction books, these us novel, comics, and also soon. The The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self will give you new experience in reading through a book.

**Download and Read Online The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov
#M7EGIKBH0VR**

Read The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov for online ebook

The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov Free PDF dOwnlOad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov books to read online.

Online The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov ebook PDF download

The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov Doc

The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov Mobipocket

The Lotus Effect: Shedding Suffering and Rediscovering Your Essential Self By Pavel G. Somov EPub