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18 books, columnist on Alternative Medicine for The Life Connection, publisher Atlantis the Imagery Newsletter, and author of more than 300 published articles. He has consulted to the White House on alternative medicine. Dr. Gersten is also an accomplished musician and composer of 2200 songs and 7 symphonic works.

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To become enlightened, you must seek it yourself, within yourself. The Law of One has this to say on how to become enlightened: \"Another

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self cannot teach/learn enlightenment, but only teach/learn information, inspiration, or a sharing of love, of mystery, of the unknown that makes the other-self reach out and begin the seeking process...☐

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How to become enlightened: 12 simple steps

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In Are You Getting Enlightened or Losing Your Mind? Dr. Gersten, a practicing psychiatrist for twenty years, recounts his experiences with his patients to answer questions about the entire spectrum of human consciousness. A doctor of the soul, Gersten clearly differen-tiates between miracles and madness, spiritual emergence and men-tal ...

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You may say 'universal nature' or 'Buddha nature' or 'enlightenment.' You may call it by many names, but for the person who has it, it is nothing, and it is something." Both legend and documented evidence suggest that skilled practitioners and enlightened beings may be capable of extraordinary, even supernatural mental powers.

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What Do Buddhists Mean by 'Enlightenment'?

enlighten definition: 1. to provide someone with information and understanding, or to explain the true facts about☐. Learn more.

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ENLIGHTEN | meaning in the Cambridge English Dictionary

Enlighten definition, to give intellectual or spiritual light to; instruct; impart knowledge to: We hope the results of our research will enlighten our colleagues. See more.

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