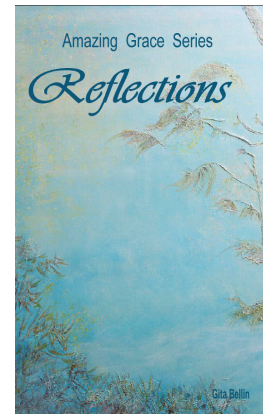


# *Amazing Grace Series*

The Flourishing Mind –

## *Reflections*

Gita Bellin



In the foreword The Hon. Michael Kirby, formally a Justice of the High Court of Australia writes: “Each one of us, as a spark of life, is on an individual journey. Words, which are only the skin of ideas, transmitted from one intelligence to another, have a different impact on each one of us. Reflecting on the unique capacity of the human species to transfer complex concepts and information from the unpromising physical cells of one brain to another, it is truly amazing that we can find help and solace by occasionally concentrating on words and sentences. And then translating them into the realities of our own unique lives.”

Gita has always understood that the instant spark of sudden realisation within the mind, the Ah Ha! Experience, offers boundless opportunities for radical Transformation. Suddenly a thing is perceived for what it is and not what it was thought to be. This first book in the Amazing Grace Series is a self teaching of this nature.

Full of inspiring and motivational ideas, Gita’s purpose in this seemingly simple book, is to stimulate the flash of insight that comes from deep within our own Being.

This book of reflection, focus and contemplation is designed to stimulate the reader to continually ask questions and find answers. The book has been created with a very powerful intention. The sentences and thoughts have been constructed in such a way that they contain many subtle layers of possibility. The heritage of words which inspire can teach us to observe and know the soul striving to find ways to claim the truth of our own Being.

Accompanying this book is a powerful Reflection exercise which may be downloaded.

**The Clarion Review rates this book Four Stars (out of Five).**

**Extract from the Clarion Review:** “People live, to a greater or lesser extent, in an illusory world of their own creation, which offers protection from what they perceive to be a capricious external world. This aversion to accepting reality, as it is, hinders their ability to realize their full potential. Bellin tells readers that they can choose to stay hidden in their shell of illusion, like a tortoise, but she also offers an alternative, writing, “Or are you the hare, racing ahead celebrating the joy of Life.”

Questions about the value of self lie at the root of each person’s innermost fears. Grave doubts about self can cause people to compromise their actions, resulting in despair rather than satisfaction with life. “Your worth is not established by what you do, who you know, how much you have,” Bellin says. “Your worth is established by Love of Self and love of God.”

Bellin encourages readers to acknowledge their own intelligence when they find meaning in a book, instead of giving credit solely to the author. “That is a confirmation of your own, Self Realisation,” she says. “Not a confirmation of how much wiser the other person or event is.”

Readers interested in developing inner awareness will appreciate the book’s message, which provides a good foundation for the next book in the Amazing Grace series, which focuses on compassion. Purchasing the book and the recording together would help the reader.

*Margaret Cullison*

This book can be ordered from [www.amazon.com](http://www.amazon.com)

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