

## The Path Of Serenity And Insight An Explanation Of The Buddhist Jhanas Hardcover

We all face adversity, both man-made and natural. How do we survive the loss of a loved one, a betrayal, illness, even impending death, and still find meaning in our lives? Even a "normal" life can seem empty, in spite of material possessions, success, power, and pleasure. In our search for fulfillment and meaning, we work through our past and present conflicts, cuddle our inner child, and redesign our outer adult. We attend workshops on life and secular spirituality and explore the comforts of traditional religion. We get married and divorced, experiment with drugs and alcohol, change jobs. And while our restlessness and unease may abate temporarily, the hollow feeling that there is something missing always returns. In his profound and accessible work, The Art of Serenity: The Path to a Joyful Life in the Best and Worst of Times, Dr. T. Byram Karasu offers us the key to an extraordinary state of mind -- authentic, soulful happiness -- in the face of everything our life has to offer and take away. The door to this state of mind is opened by a combination of soul and spirit. It involves the soul through the love of others, love of work, and the love of community. It involves the spirit through belief in the sacred and belief in transformation. It culminates in the love of and belief in God. Brilliantly synthesizing psychology and spirituality, Dr. Karasu will guide you to explore the deepest yearnings of your heart. There is no end to the journey to real happiness; there is no best place to start or best time to begin. So where and when to start? Start here, where you are, and start now.

Serenity Economics
Serenity Economics is a motivational road map to economic success and well-being. It is a guide to attitudes and actions that puts readers in control of their economic destiny enriched by a deep, satisfying connection to the community. Combining self-improvement techniques and basic economic principles readers see themselves as individual economic entities interacting with the world at large. The book introduces a way of thinking that confronts one of today's foremost challenges: the achievement of durable prosperity and contentment. Readers learn to view the material world in a positive light. Personal growth and contentment spring from investment in the self that acknowledges a partnership with the community. About the Author Emanuel A Frenkel, Ph.D., is on the economics faculty of the University of California, Davis where he has been honored with the Excellence in Education Award for Distinguished Teaching. For 20 years, Dr. Frenkel was on the senior management team at Bank of America Corporation, retiring in 2000 as Senior Vice President and Chief International Economist. Dr. Frenkel has lectured around the world on economic and financial topics and has led seminars on the value of cultural diversity in the workplace. An avid fan of ice cream and in-line skating, Dr. Frenkel divides his time between California and France.

A practical guidebook for meditators interested in achieving the states of bliss and deep focus associated with the Buddhist jhānas One of the elements of the Eightfold Path is Right Concentration: the one-pointedness of mind that, together with ethics, livelihood, meditation, and more, leads to the ultimate freedom from suffering. So how does one achieve Right Concentration? According to the Buddha himself, the jhānas—a series of eight progressive altered states of consciousness—are an essential method. But because the jhānas can usually be achieved only through prolonged meditation retreat, they have been shrouded in mystery for years. Not anymore. In Right Concentration, Leigh Brasington takes away the mystique and gives instructions on how to achieve them in plain, accessible language. He notes the various pitfalls to avoid along the way and provides a wealth of material on the theory of jhāna practice—all geared toward the practitioner rather than the scholar. As Brasington proves, these states of bliss and concentration are attainable by anyone who devotes the time and sincerity of practice necessary to realize them.

In the oldest scriptures of Theravada Buddhism much attention is given to the jhanas high levels of meditative attainment distinguished by powerful concentration and purity of mind. Ven. Dr. Gunaratana examines these jhanas within the context of Buddhist t

Buddhist Reflections on Serenity and Love

Chant Your Way to Health, Wealth, and Serenity

A Path to Serenity

A Practical Guide to the Jhanas

A Complete Guide on What It Takes to Own Your Own Home

The Buddhist Path of Joy

Oh Chai Hoo

*In The Path of the Mindful Teacher, Danielle A. Nuhfer introduces educators to a process that will help them positively manage stress, find work-life balance, lessen symptoms of burnout, and increase classroom job satisfaction. Teachers walking this path will be able to determine their own needs and the needs of their students, so they can successfully and sustainably do one of the most important jobs in the world: teaching the future of our planet. Drawing on Danielle's experience as a teacher, mindfulness practitioner, and teacher wellness coach, The Path of the Mindful Teacher will: Explain the basics of mindfulness and how it can inform teaching practice. Illustrate a simple step-by-step path that will help teachers choose calm over chaos and serenity over stress. Provide ways to integrate mindfulness practice into the classroom and beyond. Offer mindfulness activities that can be adapted to an individual teacher's needs. Present tools to balance the ever-changing landscape of teaching.*

*A direct, pithy, and accessible guide to the entire path of Tibetan Buddhism by one of the most beloved and respected contemporary lamas. Accessible, playful, and genuine, this concise guide shows how we can incorporate our own daily experiences into our spiritual path and awaken to how things truly are. By embracing sadness, love, and openness in our lives, we develop an altruistic attitude to help all beings who suffer and to reduce our own greed and aggression. This easy-to-read manual by one of the most widely loved and respected Tibetan Buddhist teachers of our time teaches us how to honestly explore and deal with our own hang-ups and neuroses. Through knowing our own true nature as aware and compassionate, we can progress, step-by-step, on the Buddhist path and use Rinpoche's pithy wisdom along the way as a touchstone. Chokyi Nyima Rinpoche's fresh and engaged approach to timeless Buddhist wisdom enables us to deeply connect with authentic teachings in a modern context. This work is a delight and inspiration to read, outlining the major teachings and practices of Buddhism in a succinct way.*

*A "Gift Book" sure to delight a friend or even you, these Source poems on gratitude will surely lead you to see the world through the eyes of gratitude. Gleaned from the more than 15,000 poems from the blog Source of Inspiration, these poems show how being grateful for the smallest of God's gifts can lead you on the path of Light and serenity.*

*From Georgia JP Ruffer traveled the world before establishing her home in Crescent City, on the rugged coast of northern California. She has written three diverse books of poetry and her poems can be found in anthologies around the country. She writes as JPolli, JP Ruffer, Joyce Sellars Ruffer and JRuffer. Ms Ruffer has received many honors for her poetry. Her poem WOMAN SONG is included in SONGS OF HONOR by Noble House Publishers of New York, London and Paris. She is listed in Who's Who of American Women 2000, and referenced in Who's Who in Poetry at the International Biographical Centre of Cambridge, England.*

*A Gentle Way to Awareness, Concentration, and Serenity*

*Nature and the Path to Serenity*

*Sadness, Love, Openness*

*A Path to Serenity After the Loss of a Loved One*

*Serenity Hope*

*The Great Treatise on the Stages of the Path to Enlightenment (Volume 3)*

*The Path of Serenity and Insight*

**This book gives a thorough but concise guide to Buddhist practice. M. Sekiyo Sullivan, Sensei with Bright Dawn Center for Oneness Buddhism, helps readers understand foundations of Buddhism like the Noble Eightfold Path, Dependent Origination, Impermanence and Not-Self by approaching them through the characteristics of the enlightened mind, wisdom, compassion and serenity. Rather than simply giving descriptions and explanations, however, Sensei Sullivan gives commonsense guidance on how to put these teachings into practice in everyday life. The final section includes a wealth of information designed to help people develop a meditation practice.**

**This book may be interesting to you if you are interested in your personal comfort, satisfaction, and well-being and want Pleasure and Relaxation. If you enjoy People and Relationships and are Prepared to Adjust and Reinvent, this book may be of interest to you. Try to digest some of the ideas presented and you may feel more content. Keep an open mind. If you are concerned about the relationship of hupers, (Hu-man Per-sons) and Mother Nature and Father Time, this book is presented for your Pleasure and Relaxation. It may help you get through difficult times. If you think there is a Possible Area of Reward from this book, Please Accept the Receipt of some new ideas to Ponder and Reflect. Think about it! Eleanor Roosevelt stated the following very well: Yesterday is history, Tomorrow is a mystery, Today is a gift, That is why they call it the Present.**

**A year's worth of serenity in one book, from the bestselling author of Each Day a New Beginning, Karen Casey's daily meditation book Peace a Day at a Time offers 365 reminders to help strengthen those traveling the path to recovery from addiction. In this powerful set of daily reminders, Karen draws from her bestselling Each Day a New Beginning, which has helped millions recovering from addiction. Karen Casey writes eloquently about almost every facet of recovery and how to live a sober, balanced life by trying to live in the present, one day at a time. Peace a Day at a Time offers a meditation for every day of the year, opening with a quote and following with a brief essay and a takeaway message. This beautiful book is your powerful set of daily reminders on how to stay centered and find inner peace. Karen also provides a companion index with key theme words to reference any issue you may be struggling with. In Peace a Day at a Time learn to: Pay attention and listen to your inner voice Avoid drama and to let go of blame Stop living from crisis to crisis Cope with fear, sorrow, anger, and pain Embrace change Practice kindness, joy, hope, and acceptance**

**The Path of Serenity and InsightAn Explanation of the Buddhist JhānasMotilal Banarsidass Publ.**

**Heartspeak Prayers**

**Serenity**

**Peace and Plenty**

**The Four Jhanas as the Actualization of Insight**

**Serenity Economics**

**Winding Path to Serenity**

**How to Start Walking the Path to Serenity**

This book offers a new interpretation of the relationship between 'insight practice' (satipatthana) and the attainment of the four jhānas (i.e., right samādhi), a key problem in the study of Buddhist meditation. The author challenges the traditional Buddhist understanding of the four jhānas as states of absorptio**n**, and shows how these states are the actualization and embodiment of insight (vipassanā). It proposes that the four jhānas and what we call 'vipassana' are integral dimensions of a single process that leads to awakening. Current literature on the phenomenology of the four jhānas and their relationship with the 'practice of insight' has mostly repeated traditional Theravāda interpretations. No one to date has offered a comprehensive analysis of the fourfold jhāna model independently from traditional interpretations. This book offers such an analysis. It presents a model which speaks in the Nikāyas' distinct voice. It demonstrates that the distinction between the 'practice of serenity' (samatha-bhāvanā) and the 'practice of insight' (vipassanā-bhāvanā) – a fundamental distinction in Buddhist meditation theory – is not applicable to early Buddhist understanding of the meditative path. It seeks to show that the common interpretation of the jhānas as 'altered states of consciousness', absorptions that do not reveal anything about the nature of phenomena, is incompatible with the teachings of the Pāli Nikāyas. By carefully analyzing the descriptions of the four jhānas in the early Buddhist texts in Pāli, their contexts, associations and meanings within the conceptual framework of early Buddhism, the relationship between this central element in the Buddhist path and 'insight meditation' becomes revealed in all its power. Early Buddhist Meditation will be of interest to scholars of Buddhist studies, Asian philosophies and religions, as well as Buddhist practitioners with a serious interest in the process of insight meditation.

Serenity Hope MacAlister loves three things: God, her family, and her horses. Riding across the grassy, windswept hills of north Texas, she finds happiness and contentment. But when an old flame comes back to town, memories of heartbreak and sorrow are stirred up again. Serenity finds herself torn between the desires of her heart, the path to her future, and the challenges that her burden her family. Can she find healing for her broken heart, the courage to hope again, and most importantly, the peace and serenity that only God can provide?

This book explains how to meditate with mantras. Think of it as a kind of Feng Shui—the Buddhist way to position the mind and voice in harmony to bring real, lasting physical and spiritual benefits.

The Great Compassion Mantra of Natural Wisdom is a powerful Mantra developed by Mahayana Buddhists. This Mantra is said to have the power to liberate all sentient creatures from the Hell of Suffering, delivering them from Ignorance. In this third and final volume in the series, Master Shanjian Dashi explores the Ten Heart Attributes of the Buddha Nature and gives detailed instruction on the practice of Mindfulness that complements the chanting of the Great Mantra. The Great Compassion Mantra is a verbal form of Dharana, a Sutra which uses syllables to transmit a powerful and effective transcendental message, creating a special state of consciousness. The transcendental message and the special state of consciousness set the conditions necessary for major changes in Attitudes, Intentions, and Actions. This awakens Benevolent Love, Compassion, and Gladness, engenders the Liberation of Wisdom, and facilitates the elimination of Suffering and Stress. The Mantra and the Commentary provide then the knowledge which leads to personal growth and the firm establishment of Wisdom, and can therefore be used to completely change the focus of one's own life or the lives of others who are open and receptive to what we can call Cosmic Consciousness.

**Path to Serenity**

**A Guided Meditation**

**The Path to Serenity**

**Your Path to Peace & Prosperity**

**First Steps on the Buddhist Path**

**Finding your path to financial security**

**919 Steps on the Path from Surrender to Serenity**

**In the oldest scriptures of Theravada Buddhism much attention is given to the jhanas, high levels of meditative attainment distinguished by powerful concentration and purity of mind. Ven. Dr. Gunaratana examines these jhanas within the context of Buddhist teaching as a whole and particularly within the meditation disciplines taught by the Buddha. Beginning with the ethical foundation for meditation, the role of the teacher, the classical subjects of meditation, and the appropriateness of these subjects to individual practitioners, the author traces the practice of meditation to the higher reaches of realization. The eight stages of jhana are individually analyzed and explained in terms of their relation to one another and to the ultimate goal of the teaching. The author makes the critical distinction between the mundane jhanas and supermundane jhanas, pointing out that the lower four, while leading to various mental powers and psychic attainments, are not necessary to full enlightenment and may be developed or bypassed as the medita-tor wishes. The author goes on to explain the place of the jhanas among the accomplishments of an arahat and elucidate their usefulness for a dedicated meditator. Most readers know that "happiness is within," but they don't always know how to access that happiness whenever they like, and in all circumstances. In Serenity, Jane Nelsen teaches readers four principles that will help them to stop being a slave to their thought system in order to access wisdom from the heart and from the soul. The four basic and easily applied principles from Serenity: 1. Free yourself from the filters of your thought system. 2. Understand how feelings can act as a personal compass. 3. Improve relationships by understanding and respecting differences. 4. Learn how to overcome depression, anger, or any negative feeling. The chronic stress of modern life often interferes with enjoying the happiness that comes with peace of mind. Joy is needlessly missing from too many lives and from too many relationships. Serenity provides many tools to help readers discover innate feelings of joy, compassion, gratitude, wisdom, and love so they can live more fully every day.**

**“I could have been dead, not here today to tell my story, but I am here; nothing else matters!” —Colleen Kay Imagine yourself on a journey from the darkest night of your life to one filled with joy and serenity. Through her personal journal entries, Colleen weaves you through the ups and downs of her path to self-discovery and a new life. She will inspire you with her warmth and compassion to begin a journey of your own. You will see that you are not alone. There are others who are going through the same feelings, emotions, questions, and situations. Through her journey, Colleen gives you hope that you too can have a better life. Follow the path of her journal entries as she transforms hardships into rays of light that guide her to serenity.**

**“You see, although we make decisions all the time, freedom of choice is an illusion of belief. To understand illusion, illusion must exist. It is the ultimate hubris for Homo sapiens to think they alone, above all the life forms on Earth, have the power of choice when it seems that all other life forms do what they must instant by instant " Health, wealth, and happiness are transient phases of life. When life makes no sense and the beliefs we live by fail to explain reality, traditional supports may no longer be of comfort. If you are scared and confused about the uncertainties and suffering in life, you may find solace in Voices of Sedona. In addition to inspired dialogues with his spiritual teachers in Sedona, Arizona, author Lewis Tagliaferre blends elements of religion, psychology, philosophy, history, and current events into five incredible principles of universal awareness. When a personal crisis strikes-whether it arises from occupational, family, social, physical, or financial changes-it's normal to feel a loss of control. If traditional beliefs fail to bring comfort at those times, there may seem to be nowhere to turn for inner peace and contentment. But, you can feel good inside no matter what happens outside.**

**A personal path to self-discovery**

**The Meditative Path**

**An Explanation of the Buddhist Jhanas**

**The Path to a Joyful Life in the Best and Worst of Times**

## A Spiritual Path to Serenity and Contentment

### Gratitude

The book describes my spiritual journey to serenity and peace. It is not really my story of success, but a story of failure and lessons learned along the way. The twelve words chosen are my best attempt to describe that journey.

The expressive power of words is sometimes underestimated. They can change or mark a life. Proofs of this are the words that were spoken by celebrities and prominent people: they immediately became part of the patrimony of thousands of people, transforming into essential sources of inspiration. This new series collects precisely these quotes. It is characterised by an original, communicative and colorful design, in which words become shape and graphic elements and they melt with elegant illustrations. Words and drawings become one, a single strong communicative message that opens to various interpretations. Each page will be able to inspire the reader, who will be captured by the words and attracted by the illustrations and colors that he/she will observe. The pursuit of happiness, the essential experiences of life, the serenity that is acquired while being in Nature: three topics for three titles that surely will amaze and inspire. AUTHOR: Studio lanus is an independent studio based in Milan, born from the meeting of two creative souls. Founded in 2015 by Stefano Agabio and Stefano Pietramala, it is specialised in illustration and animation for art direction, branding, packaging, editorial design and advertising.

With the grace of her groundbreaking bestseller Simple Abundance, Sarah Ban Breathnach returns, offering a fresh start for women who have lost their financial and spiritual way in the world. 'When money is plentiful, this is a man's world. When money is scarce, it is a woman's world.' This quote from Ladies' Home Journal, 1932, is the call to arms that begins...PEACE AND PLENTY This book is Sarah Ban Breathnach's answer to the world's - and her own personal fiscal crisis. Here, as she weaves together this compendium of advice, stories from her life, and excerpts from magazines, books and newspapers, particularly from the Great Depression, she inspires readers who are mired in economic problems. Focusing on her own journey, Sarah relates never-before-revealed details about how she fell from the financial top to the bottom. Readers will immediately feel how deeply she understands the plight of those trying to maintain a happy and comfortable home, while not even knowing if they will be able to make the mortgage payments to keep that home. For years, Sarah has been a reassuring guide, illuminating the beauty and meaning in the everyday. Now, in this enlightening book, she reaches out to those who are financially strapped, showing them how to pull themselves out of their psychological and monetary difficulties, as she provides support and cheer along the way.

The Great Compassion Mantra of Natural Wisdom is a powerful Mantra developed by Mahayana Buddhists. This Mantra is said to have the power to liberate all sentient creatures from the Hell of Suffering, delivering them from Ignorance. In this third volume in a series of three, Master Shanjian Dashi explores the Ten Heart Attributes of the Buddha Nature and gives detailed instruction on the practice of Mindfulness that complements the chanting of the Great Mantra. The Great Compassion Mantra is a verbal form of Dharana, a Sutra which uses syllables to transmit a powerful and effective transcendental message, creating a special state of consciousness. The transcendental message and the special state of consciousness set the conditions necessary for major changes in Attitudes, Intentions, and Actions. It awakens Benevolent Love, Compassion, and Gladness, engenders the Liberation of Wisdom, and facilitates the elimination of Suffering and Stress. The Mantra and the Commentary provide then the knowledge which leads to personal growth and the firm establishment of Wisdom, and can therefore be used to completely change the focus of one's own life or the lives of others who are open and receptive to what we can call Cosmic Consciousness.

Path of The Mindful Teacher

365 Meditations for Wisdom and Serenity

Simple Ways to Reconnect with Nature and Refresh Your Life

Right Concentration

Words of Inspiration

A Path to Serenity, a Workbook

A Natural Path to Serenity

"...a searingly honest memoir..." Dr. Kenny Lin, Deputy Editor, American Family Physician "She gently opens her heart and our eyes to the healing power of self-reflection, prayer, and self-care." Rev. Dr. Lisa Banks-Williams "...extraordinary..." Dr. Janelle Goetcheus, Cofounder, Christ House, Washington, DC On the outside, it looked like Dr. Chacko had it all--lucrative and rewarding career, beautiful family, comfortable home. But inside, Donna was in turmoil. Her marriage was on the brink, crises were brewing, and her home felt like her heart-- about to break. In Pilgrimage, Donna describes her desperation. She felt like she was clinging to the edge of a dark pit that threatened her and her daughters. Not knowing what to do, she finally turned to God and started searching for answers. She lays her life bare as she digs into her upbringing, relationships, life choices, and fears in a deeply personal journey toward healing and wholeness. Join her as she surrenders her control and discovers that serenity and health are most easily grasped when our hands and hearts are open to what God longs to give us. As you walk alongside Donna through struggles that will likely feel all too familiar, you'll discover that your own path to health of body, mind, and spirit is laid out before you. You just have to take that first step.

Once, the Mula Nasruden was searching the ground under a street lamp. "Can I help?" asked a friend. "I lost my key in the house," said Nasruden. "But then why look out here?" "Because the light is better in the street," came the reply. Nasruden is a great fool in Middle Eastern folklore. Only by turning on the light inside his house -- his inner psyche --will he find the key. John Cianciosi shows us how to do just that. Directly from the heart, this practical, nonreligious book guides the reader of any faith to reduce stress, increase health, and achieve inner peace. It clearly explains the meditative process and offers very simple exercises to balance theory and practice. Each chapter includes Q&A sections based on the average reader's experience and crafted from the author's twenty-four years of teaching, first as a Buddhist monk and now in lay life. Of all primers on meditation, this one excels in showing how to slow down life in the fast lane.

A Path to Serenity is a companion workbook for Journey to Serenity. It outlines the process Patti went through during that journey. Her focus is helping herself and others keep body/mind/spirit functioning optimally so that life on this planet can be a joyful adventure filled with meaningful service. She offers this book as a source of information, guidance, and possibilities for those ready to let go, grow, discover, and create their own path. At fifty-six, Patti had been a wife, mother, and teacher for over thirty-five years, when she realized it was time to move forward and embrace her passion and purpose. It was not until her fifties that she began opening to extended possibilities and spent time in the cities and remote areas of many countries. In her sixties, she sailed for two and a half years, built Serenity Beaches Resort in The Kingdom of Tonga in the South Pacific, and came to appreciate the value of gentle strength, inner serenity, and reinventing ourselves as we age. Patti is an explorer, adventurer, learner, and risk taker. She has a master's degree in education. She is a massage therapist, Reiki Master, yoga teacher, meditation teacher, and Chopra certified Perfect Health instructor. www.serenitybeaches.com

Case studies of addicts and those affected by them illustrate a schedule for working through a twelve-step recovery program by incorporating faith in God

The Mindful Drawing Journal

Journey to Serenity

The Mantra Book

How to choose calm over chaos and serenity over stress, one step at a time

The Path of Purification

The Path of Serenity and Understanding: a Practical Guide to Love and Equanimity

Wisdom, Compassion, Serenity

The Path to Serenity is an easy to read and easy to use guide to finding Peace of Mind and Serenity through the Wisdom to Know the Difference. If the words sound familiar, then you are aware of The Serenity Prayer, which holds an amazing amount of wisdom. I hope to help you use these words of wisdom to find how to change your life to the life you want it to be...not the life you fell upon due to unhealthy circumstances. Read and use this to make positive changes, to learn how to appreciate yourself and your choices. Learn to appreciate your own self-worth and know you are worth the effort to do so. You can do it! Go ahead, get started today, and start to live a life of Serenity.

The third volume of the 15th-century spiritual classic that condenses Buddhist teachings into one easy-to-follow meditation manual The Great Treatise on the Stages of the Path to Enlightenment (Tib. Lam rim chen mo) is one of the brightest jewels in the world's treasury of sacred literature. The author, Tsong-kha-pa, completed it in 1402, and it soon became one of the most renowned works of spiritual practice and philosophy in the world of Tibetan Buddhism. Because it condenses all the exoteric sūtra scriptures into a meditation manual that is easy to understand, scholars and practitioners rely on its authoritative presentation as a gateway that leads to a full understanding of the Buddha's teachings. Tsong-kha-pa took great pains to base his insights on classical Indian Buddhist literature, illustrating his points with classical citations as well as with sayings of the masters of the earlier Kadampa tradition. In this way the text demonstrates clearly how Tibetan Buddhism carefully preserved and developed the Indian Buddhist traditions. This first of three volumes covers all the practices that are prerequisite for developing the spirit of enlightenment (bodhicitta).

In ancient times, a long time ago in days of old, there was an empire known as the Roman Empire. They enslaved, held in captivity and imprisoned, pitted men in the gladiatorial games. For their amusement, men tore flesh from their enemies; bloodied their hands and steel, shed sweat breaking bones of others. The people cheered as death plagued the coliseum all due to the sick twisted desires of tainted lives; brute animals that embodied mankind came to be known as humans, but these creatures were little less than animals on all fours. We were meant to be better but our earthly desires would send us into darkness. Let truth be told that moderation has little difference than the days of old. Life on the grains of sand is life even still, and we are tossed in the cage of life. Forgive me that I do not see beyond these representations, but I do not apologize nor feel sorry for what my minds eyes are set upon. Let the games begin...

The P. A. R. Approach

The Art of Serenity

Voices of Sedona

Twelve Words That Changed My Life

Simple Steps for Recovering Peace of Mind, Real Happiness, and Great Relationships

Pilgrimage

Color Your Path to Serenity