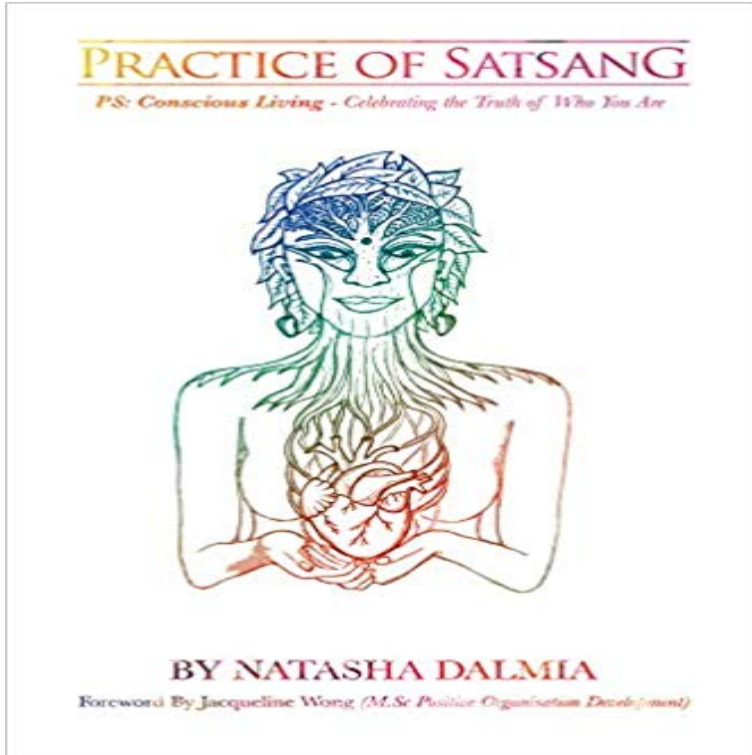


# Practice of Satsang: Conscious Living - Celebrating the Truth of Who You Are



Practice of Satsang is an invitation for Conscious Living. Written as Letters to my Grandchildren, the book shares personal short stories, quotes from the real-life protagonists of the stories, provocative questions and practices for your experimentation and play. The purpose is to deepen relationships with oneself and with ones family, friends, fellow - travellers, colleagues, clients and the communities one belongs to. Sat means truth and Sanga means company. Satsang is an old Sanskrit word meaning being with the truth, and gathering together to find the truth. Usually, in my culture, it is interpreted to gather in the presence of a guru (Teacher), who would help to be with the truth. As I grew up, I realised that there are many gurus (teachers) in our lives who help us to be with the truth, with our truth. They come in unexpected relationships and situations as our own higher consciousness. The key is in my openness, perception and choice. Am I willing to recognise the teacher, the truth and times of sanga in my inner and outer worlds? Journey as you read this book, inwards to your own genius, wisdom, consciousness, bliss and truth. Come, let us exchange stories and practices and reflect together on fundamental questions, across generations and cultures.

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