



The Peace of the Spirit Within: A Guide to Transform Your Life

Belzebuub

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The *Peace of the Spirit Within* by Belzebuub takes you on a remarkable journey of self-discovery to reach the essence of peace – something that is wished for by so many and yet is so difficult to find.

The ancient mystics of the world wrote in sacred texts and inscribed on the walls of temples “know thyself”. Jesus said, know thyself and you shall know the depth of the all.

Belzebuub brings the ancient esoteric techniques of self-knowledge into a modern guide for spiritual seekers who long to truly discover who they are, find peace, and their innate spiritual nature within.

Using step-by-step exercises given by Belzebuub, learn about the origins of thoughts and emotions, how to understand the workings of the mind and subconscious, overcome negative emotions and behaviors such as anger and addictions, how to be aware in the present moment, use dreams to improve spiritually, and activate the immortal spiritual part we each have inside.

Belzebuub presents the most practical and precise guide there is to spiritual psychology as a starter to the real inner change that leads to personal transformation and awakening, sought for and reached by mystics throughout time.

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From Reader Review The Peace of the Spirit Within: A Guide to Transform Your Life for online ebook

Jenny says

Here's my review for this book from Amazon from a while ago:

I'm a fan of all of Belzebuub's works so far, and this book definitely didn't disappoint!

It's a plainly laid out, comprehensive guide to approaching self-knowledge and spirituality in a down-to-earth manner for every-day life. What I like about it the most is that the theory is all laid out very simply, and then there are lots of practices and exercises accompanying each topic to try out, so that you can explore these topics practically for yourself in your own life.

The content of this book has been a huge inspiration for me and a life- changing stepping stone towards acquiring real peace, understanding and self-knowledge in my life.

DavidP says

A wonderfully insightful book delving into the true nature of psychology and how it relates to true spirituality. A book I keep coming back to time and again. I must have read it dozens of times now.

Lilia says

An amazing book and a guide on how to begin a journey to self- knowledge. A journey that can help one to transform to a better and a more spiritual person.

Michelle says

This is a very practical book that I refer to all the time. I have given it too many of my friends. One of my favorite parts is near the end of the book where he talks about setting up a framework for day to day life. I highly recommend this book for anyone trying to change or understand themselves better.

Aleksandr says

The book had changed my life. After reading this book and implementing the practices in it the goals I had in my life and where my time went, and what I was seeking in general changed completely. I highly recommend this book (or rather the new edition) to anyone who is seeking the exercises to do in order to reach a level of peace in their daily life as well as how to study ourselves psychologically.

Roumissette says

Ah, this book is truly a priceless gem.

The first time I read it though I did not quite grasp how profound it was, nor how deep I could go with the subject being taught. I wanted to understand myself better, but I did not know that I could actually change, truly change, and experience spirituality, not just read about spirituality.

And so the more and more I read and I dabbled into the techniques given, the more and more I realized it held the keys to self-transformation, to experience peace - the peace of the Spirit within.

I've read books that contains people's experiences of what Peace is about, which while it is inspiring it does not help me much to experience that Peace. But this book just does that: it tells me how to acquire my own experience, how to reach peace within and this is truly more inspiring, and really more useful (at least to me).

In short, this book offers the way to change, the way to ever lasting peace. It is a process, one of which I have personally greatly benefited from, so I definitely recommend this book for people interested in inner peace and the spiritual side of humanity.

I also recommend this book if you suffer from anxiety, or deep rooted states (like depression, addictions etc..) because this book also delves into that side of our humanity and explains and teaches how to overcome these states.

(p.s. The book is divided into 9 chapters - and it is suggested to use a week to really use the techniques taught per chapter to gain experience before moving on to the next chapter. So 9 chapters = 9 weeks. Each chapter offers guidance, techniques and has a Q&A section which I found very helpful, as some of the questions I had going through the book were explained there - I followed the book as if it was a 9-week course, and I can say that I really gained a lot from it - I still go back to it though, and re-read it because it really helps my understanding).

Jordan says

This book is unbelievable! In it, you'll find the powerful tools and exercises given that enable us finally to have a real starting point in our search for peace.

Given from his own personal experience, this book is a refreshing wake-up call. The topics are very relevant to the current situation we find ourselves in.

If you are interested in self-knowledge, in learning about yourself, understanding your own psychology and then applying that knowledge toward a search for peace, stability, and freedom in your daily life, then I highly recommend this book to you.

Jonathan says

This book changed my life. So simple, just about becoming aware as much as you can in the present moment throughout the day, and observing within to see and change the causes of suffering. Things would be very different if I had never come across this!

Amazonian says

This book is frankly dangerous - it is a gateway to exploration of Belzebuub's deeper teachings and as such, a 'how to become a cult follower' manual.

Roy says

I love this book, it is one of my favourites! This books contains timeless techniques, used by various groups throughout history going back to ancient times, which were and still are used to explore oneself and reach the immortal and spiritual core within.

Practices like being in the present moment, self-observation, retrospection and mantras are given to experience the things written in this book. An amazing book and to be honest whilst I was backpacking for one year, this was one of the items I couldn't leave at home :)

Alex says

If your goal is to get to true, lasting peace and happiness within, which practical spirituality is really all about, this is definitely the right book for you to start with. In a clear, concise and easy to understand manner, the author introduces the fundamental spiritual techniques that may serve someone as a solid base on which to build lasting peace within. Applied in daily life, these simple yet very powerful techniques may serve as the starting point of acquiring the true knowledge about our own psychology, that of others, and the true meaning of life. On a more mundane level, this book teaches effective ways to combat negativity, depression and lower states. It explains the true nature of addictions, gambling, laziness, fears, over- and undereating and other kinds of negativity. By applying the techniques given in this book and in other books by the same author, it's possible to fundametally understand and eventually get rid of all the negativity that causes us as humans to basically live in misery, without true peace within and even without truly getting to know why we are here in the first place. Getting rid of that negativity also naturally improves our relationships with others, with ourselves and with the world around us, so in my opinion it's a very worthwhile thing to do, while we have such a great chance to do this!

Applying the techniques taught in this book, has really changed my life for the better, helping me to acquire more peace, happiness and overall control over my life in general, that's why I have confidence to wholeheartedly recommend this book to all those, who are also interested in a true change.

