

# Espacio interior

The Inner Space



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This book is an introduction to the Psychology of Self-Realization, which encourages people to discover their true and deep nature through inner-development, integrating different psychological theories and techniques.

The objective of the book is first of all to establish who we are our true reality, what moves and motivates us. Then it tries to understand and unravel the mental mess in which we live. It is about identifying and clarifying they way our minds work and also, intuitively discovering our true reality; a consciousness of Being.

What we really want in life is to feel good, to find a lasting happiness, freedom, to be oneself for once and for all.

Change in life is inevitable, but we all sense that there is a different reality to the one which we perceive superficially, one which, at heart, we are all searching for. The key is clarification, to have better self-awareness. To find fulfilment through overcoming preconceived ideas that govern us and create an artificial disparity between who we are and the person we want to be. The moment that we accept our lives as they are we have begun to harmonize our interior and exterior selves. It is a path towards acceptance that can be found in both religious traditions and exercises of the inner-self.

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