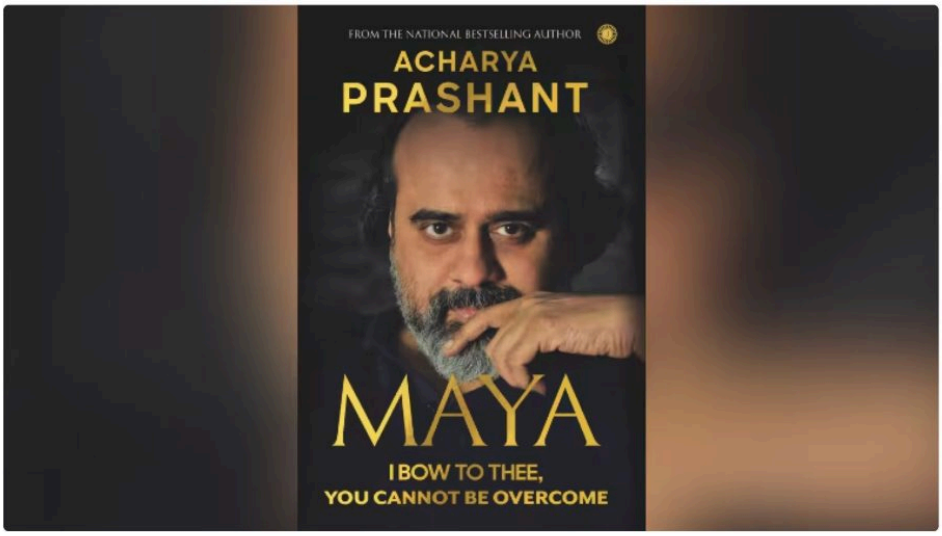
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Acharya Prashant's new book "Maya - I bow to thee, you cannot be overcome" embraces spirituality & philosophy

Spirituality is subjective. For some, it is praying, dancing, and then evolving with

The Week Focus

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Spirituality is subjective. For some, it is praying, dancing, and then evolving with time, but for others, it is the extensive knowledge of topics that are beyond the human intellect. Exploring and discovering new levels of mindfulness is akin to it. Spirituality is about mental and physical growth from recognizing feelings, senses, and beliefs. Adhering to this idea and throwing some light on such pragmatic topics, National Bestselling Author Acharya Prashant has unveiled his book, "Maya - I bow to thee, you cannot be overcome," which talks about the connectivity of reverence in our lives. Published by Jaico Publishing House, the book takes us on an awakening journey of exploring the spiritual and philosophical world to understand the existence of Maya.

Unlike religion, spirituality is a specifically meticulous set of beliefs typically shared by people who are thoughtful and composed. With Maya, Acharya Prashant propagates the similarities between the world we live in and the world we sense. He intricately depicts Maya's realism and explains its simple perception in people's minds. In the book, you will unfold the results of your Karma and bear its consequences if you keep sticking to those of an imaginative or unreal world. He mentions in the book, "Life has no regard for your assertions or fondness. If you live in the imagination, you will keep struggling and hitting against events and stumble and fall many times in many places."

Everything in this book will force one to rethink their ideas and beliefs of the world and, most importantly, of themselves. A spiritual journey is a higher consciousness and a state of deeper mental awareness, like enlightenment, nirvana, or bliss. Through this book, Acharya Prashant preaches answers related to Maya and its forms in a conversational manner. All these anecdotes will keep you hooked on the book. It also serves as a subtle and clearer way to cope with the world, become closer to the divine, and make life-changing decisions.

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Practising spirituality helps you develop mindfulness, meditation, caring, and connecting with nature.

While the western world is still getting its head around it, India already has a rich culture in spirituality and philosophy. From great books like Bhagavad Gita and Lord Krishna, India is not new to the concept of realism. Talked much about in the book - "Maya" is an excellent combination of modernism and spirituality. It would not be wrong to say that Acharya Prashant has successfully delivered his thoughts to the readers accurately and precisely through the concept. The book answers the question: What is Maya? It might be just a concept or an illusion for some, but according to the author, it is our whole reality. He says, "You are living Maya, you are breathing Maya, you are racing Maya, you are Maya. We are nothing but Maya personified". The author gives us a perspicuity of what Maya is through various simple yet brilliant examples of the incidents we face in our day-to-day lives.

This book is enough to bring one closer to the eccentric truth of reality and explain that Maya is not just a concept; Maya is a part of our existence that we cannot see, and if one wants to be free of it, setting themselves free is the only possibility. Developing a profound curiosity about the world around oneself is step one towards spirituality. Feeling that spirituality is becoming more important in day-to-day life? Is it turning out to have a bigger meaning in your life? Find out all your answers inside - "Maya - I bow to thee, you cannot be overcome," by Acharya Prashant, an ode to the spiritual and philosophical world that is also the journey to our existence.

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