

Being Here: Modern Day Tales of Enlightenment

Ariel and Shya Kane



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Throughout time, stories have been used to teach, inspire, entertain and enlighten. *Being Here: Modern Day Tales of Enlightenment* is a collection of stories that will allow readers to transform their ability to experience living. We are all taught how to learn, analyze and improve, yet we have little training in how to simply be. Despite our many advances in technology, there is a gap in our ability to be satisfied, have peace and well-being in ourselves. *Being Here* uses stories to illustrate a new possibility for approaching life; one that produces well-being and satisfaction, where upsetting events - even death and loss - don't have to affect one's ability to have a brilliant life. Touching and profound, the stories in *Being Here* form a practical guide to living a fulfilling life. They address such topics as forgiveness & compassion, following your heart, dissolving upsets and of course, the unlimited possibilities unleashed by Being Here.

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