



Being and the Meaning of Life (Diamond Heart, Book 3)

A. H. Almaas

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We live in a world of mystery, wonder, and beauty. But most of us seldom participate in this real world, being focused rather on the part that is mostly strife, suffering, or meaninglessness. This situation is basically due to our not realizing and living our full human potential. This potential can be actualized by the realization and development of the human essence. The human essence is the part of us that is innate and real, and which can participate in the real world.

The *Diamond Heart* series is a transcription of talks given by the author in both California and Colorado, for several years. The purpose of the talks is to guide and orient individuals who are engaged in doing the difficult work of realization.

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