

Finding True Self Meditation



Finding True Self Intellect



Finding True Self Action



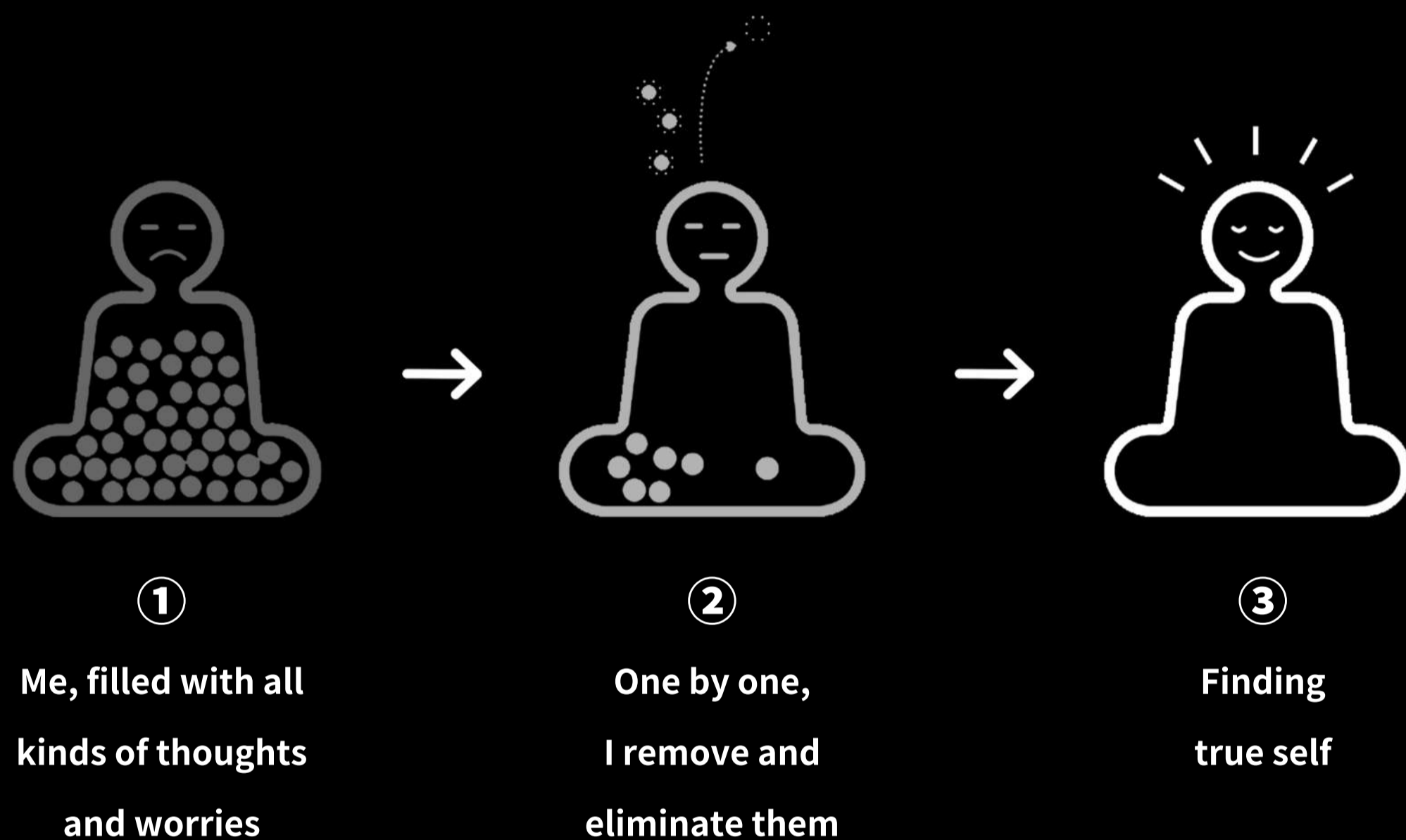
Finding True Self Virtue



Finding True Self Meditation



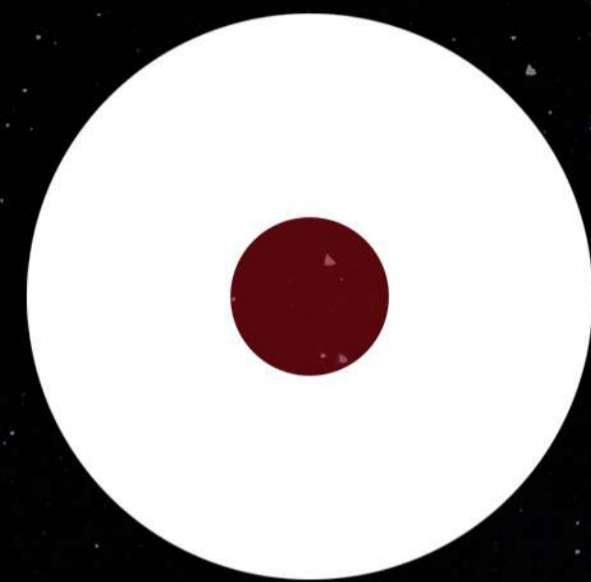
Subtraction method



Finding True Self Meditation
is the fastest way to **Find True Self**

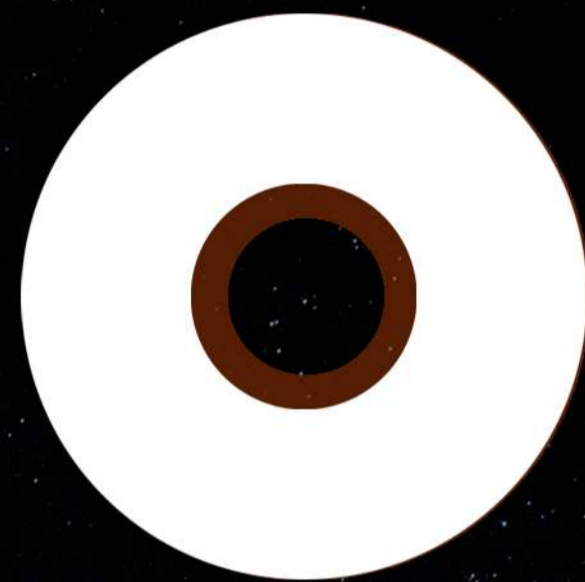


7-Step Subtraction Method



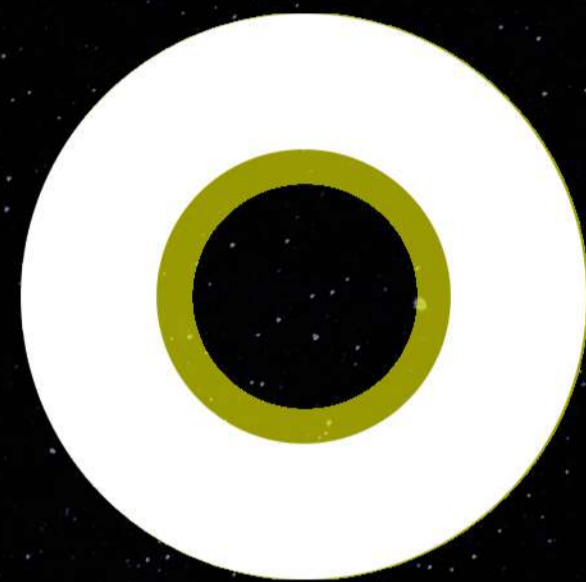
①

Subtracting
lived life



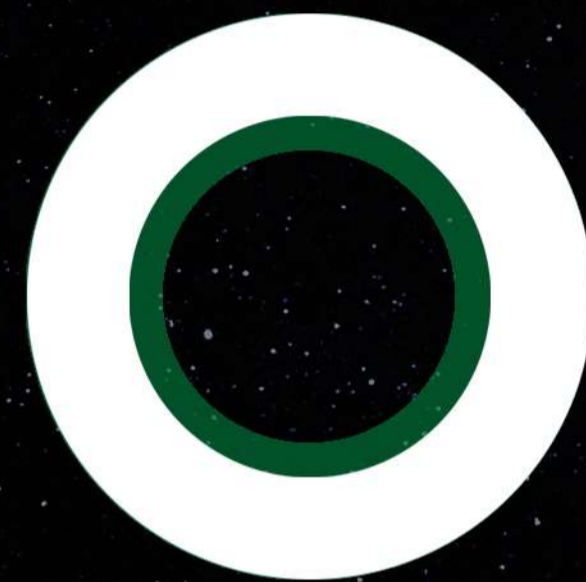
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Subtracting
self and
relationships



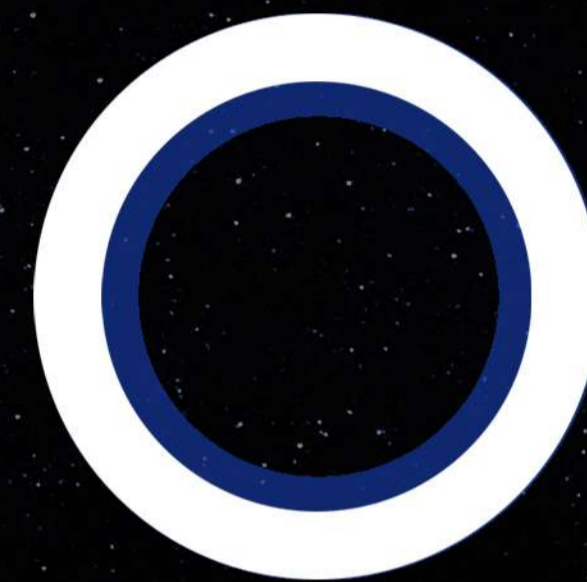
③

Subtracting
my body



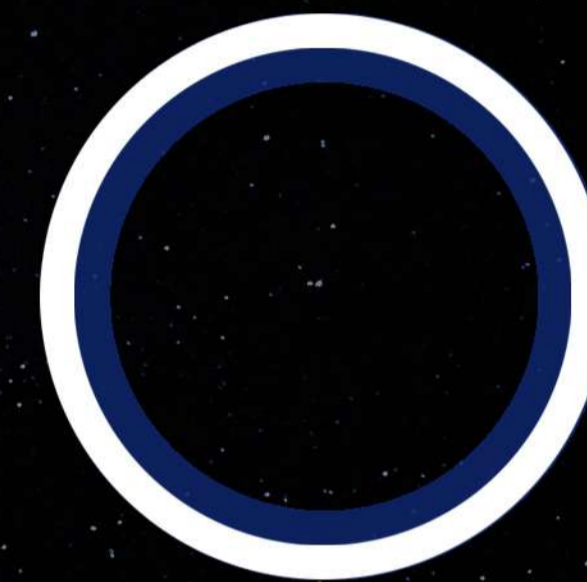
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Subtracting
body and the
universe (1)



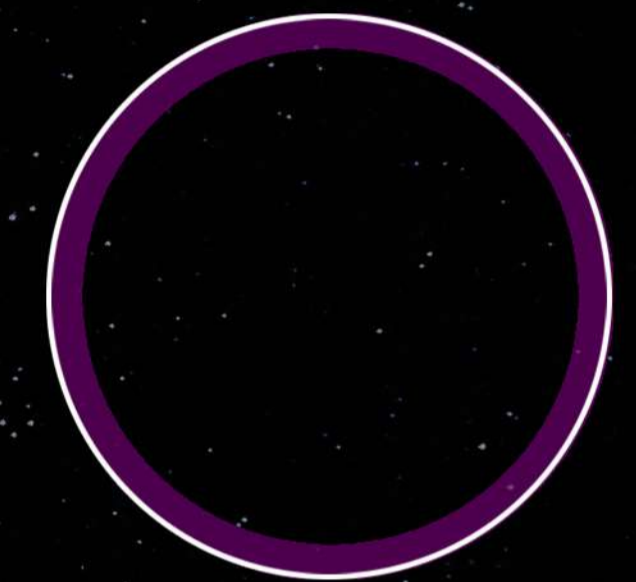
⑤

Subtracting
body and the
universe (2)



⑥

Becoming
the universe as the
self disappears

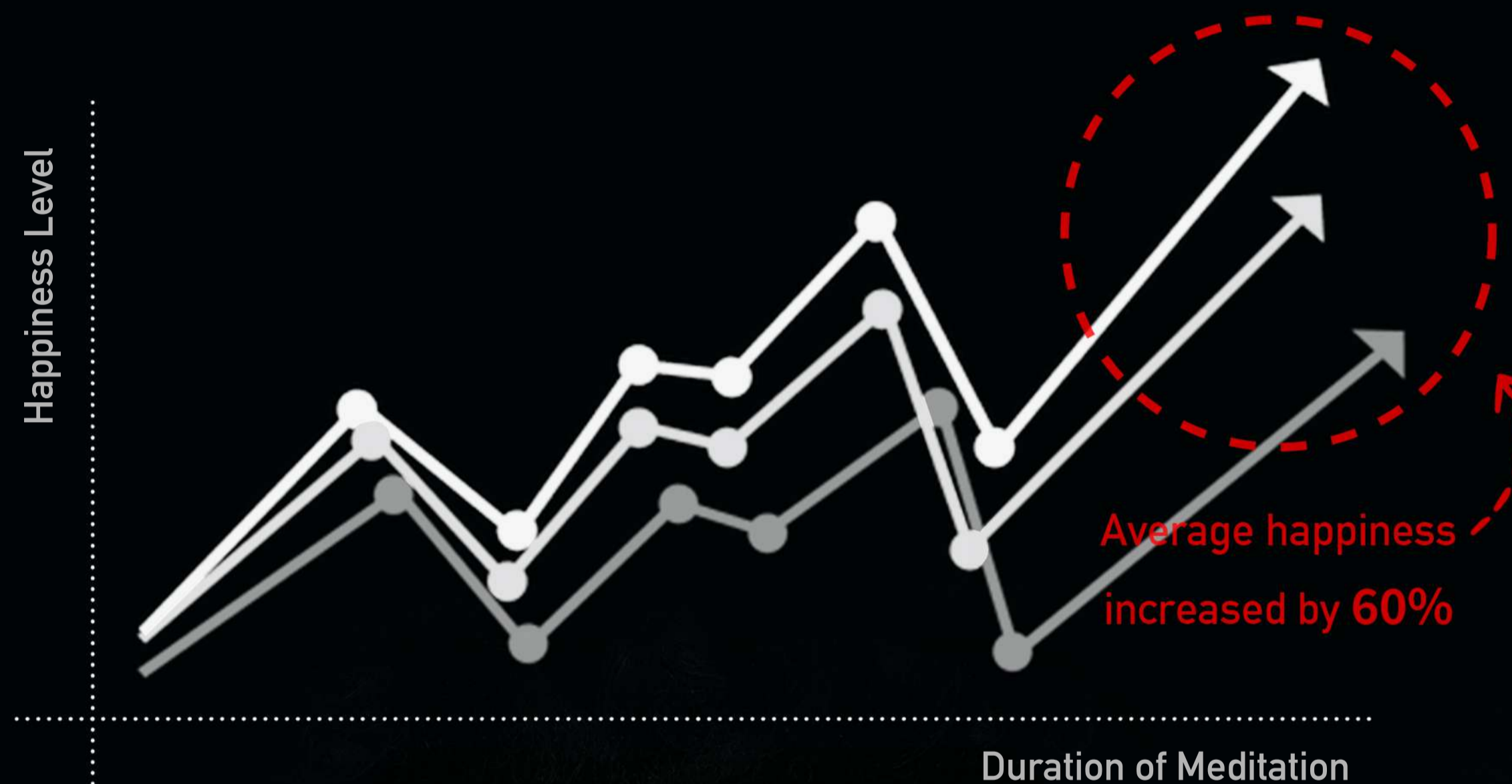


⑦

Discarding
the illusionary
world and the self
living within it

The 7-Step Subtraction Method is systematic and scientific

Life Graph of People Who Meditate



The happiness level of everyone who started meditating has increased significantly



Michael Lindqvist

"I found the purpose of life"



Ahyeon Hwang

"Every day has become a happy day for me"



Duck Joo Lee

"Everyone in the world should practice this meditation"



Jeongji Choi

"My relationship with my family has become so much better"



Jun Young Lee

"I found the greatest happiness"



Jenine

"I am living a happy and successful life"



Lauren

"I have come to feel grateful for everything"



Blake Guss

"I feel that there is a heaven inside me"



Rhonda Dyson

"Feeling the most serene and peaceful"



Jan Jekler

"This meditation is so wonderful and fantastic"



Azizah White Diaby

"I have come to view myself very objectively"



Neal Clark

"I became very happy"

Already over 100,000 people around the world are living a new life through meditation

A close-up photograph of a woman with dark hair, seen in profile from the side, smelling a large, white lotus flower. The background is a soft-focus garden with many other lotus flowers and green leaves. The overall mood is peaceful and serene.

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KAIST coursera

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