



# The Art of Letting Go: A Pathway to Inner Freedom

By Vidya Frazier

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## **The Art of Letting Go: A Pathway to Inner Freedom** By Vidya Frazier **Bibliography**

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#### Review

Exploding the common myth that enlightenment always happens suddenly and to only a select (and divinely chosen) few ... -- *Anthea Francine, M.A., C.P.P.C., contributing author of Our Turn, Our Time, Women Truly Coming of Age*

Vidya Frazier's compelling description of her own journey of awakening has confirmed and validated my own. -- *Margit Jacob, founder and director of the Napa School of Yoga*

#### About the Author

In 1993, Vidya Frazier had an extraordinary experience in which she awoke to her true nature and realized spiritual freedom. Two years later, she felt called to India to visit the spiritual master, Papaji, who validated her experience and encouraged her to use it to assist others. Upon returning to the U.S., she began developing the counseling and teaching practice she'd had for 20 years into what she calls "Consciousness Counseling," incorporating the teachings of the Direct Path of awakening as a foundation for her work. She soon began seeing the emergence of a specific pathway to freedom she was teaching, based on the simple teaching of letting go, and has since been offering classes and workshops on this subject. She currently lives in Middletown, California.

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