



# **The Mystery of Life: You are the Light, and that's indestructible truth**

*Jakub Tencel*

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# The Mystery of Life: You are the Light, and that's indestructible truth

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## **The Mystery of Life: You are the Light, and that's indestructible truth** Jakub Tencel

"The Mystery of Life" contains 12 Chapters that expound on Jakub's personal experiences and spiritual growth. To really achieve a state of "Happiness", some call this "inexhaustible bliss", it is necessary to experience self-realization. To understand one's place in the universal scheme of things. At this point, a person realizes that there is the "mind" and there is the "physical body". When one can accept themselves for their innate abilities and talents, they will be on the right path to true enlightenment. "The Mystery of Life" is a great vehicle for such a journey. "His biography is a gift for all of us who wish to know and experience life in its fullness. What you are about to enter in reading his book, is not just a life story of a young man, but pristine and idealistic approach of exploration of the mysteries of life, and beyond, through the eyes of bright curiosity." (Karolina Pospisilova, Buddhist teacher & CEO at Mind Institute) "I highly recommend this book to you if you are a seeker on the spiritual path or are looking for a heart-felt story with a twist on mindfulness called "lovefulness." With stories and metaphors for deeper truths, this book touches on the deeper principles of Zen Buddhism and new-age thought." (Dharam Deep Singh, Kundalini Yoga & meditation teacher, Clinical Hypnotherapist)

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