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MOVIE WATCHER'S GUIDE TO ENLIGHTENMENT: Waking Up With The Movies

David Hoffmeister

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In a radical departure from traditional spiritual cinema, David Hoffmeister embraces Hollywood movies as modern-day parables for awakening, turning the universal pastime of movie-watching into a portal for a whole new perspective on Life. Step back, relax and laugh as you learn to see the Big Picture. Allow David and this book to be your gentle guide to a present experience of Enlightenment. You don/'t have to meditate in a cave for years to change your mind about the world. Be open to joining with family, friends and the thousands around the world who have already discovered the most inclusive movie club in the universe. What better backdrop could there be for healing than your own couch? Invite a friend, make some popcorn, and enjoy waking up with the movies.

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