



Mystic Scuba: My Adventures Diving Into Enlightenment (Paperback)

By Vanessa Vitri

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Explore the oceans of the mind by SCUBA diving into the sea! Join the author as she learns the art of Mystic SCUBA from Samvara, a SCUBA diving Buddhist monk. This magical journey chronicles a semi-autobiographical account of the author's initiation into a world of power and mystical secrets beneath the sea. Mystic SCUBA illuminates the far reaches of the human mind with meditations in the depths of the sea. Through Sam the monk's teachings, the author learns about healthy breathing and relaxation, the unique health benefits of the air and water while SCUBA diving, mystical aquatic meditations, places of power for diving, ocean totems, culminating in the ultimate vision quest for the direct experience of Enlightenment. These treasured teachings of self-discovery are helpful not only for SCUBA divers, but for us all.



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! Its this type of very good read through. It is actually writter in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**