



Freedom Is Your Only Choice: 108 Questions To Discover Your True Self

Ajay Kapoor

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In *Freedom Is Your Only Choice*, Ajay Kapoor answers 108 questions related to the common issues that all of us -- meditators or non-meditators -- face in life, especially on how to attain freedom from our restlessness and pain. Each full answer is summarized and condensed into a mantra-like teaching that can be used as a meditation tool. Underlying all responses is the insight that within each of us resides a true self in a state of unconditioned peace, love, and calm awareness. We have the possibility of attaining that state provided we let go of our deep attachment to that which is not conducive to this attainment. *Freedom Is Your Only Choice* will inspire its readers, help clear confusion, and provide clarity about our choices in life.

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