



# The Journey Home: Ten New Commandments for Discovering Your True Self

*Simon Parke*

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## **The Journey Home: Ten New Commandments for Discovering Your True Self** Simon Parke

This book offers ten new commandments for coping with the stresses, strains and pressures of modern life. These ten new commandments are ten skilful attitudes for the attainment of your true self.

1. Be present
2. Observe yourself
3. Be nothing
4. Flee attachment
5. Transcend suffering
6. Drop your illusions
7. Prepare for truth
8. Cease separation
9. Know your soul
10. Fear nothing

This handbook will set you on the path leading you back to who you really are. As Parke says, 'When we become disconnected from who we are, however it happened, it is a long journey home. What follows is a consideration of that journey - the journey home to a beautiful life'.

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