



The Luminous Mind Workshop

Marianne Williamson

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This recording of Marianne Williamson’s seminar at the Esalen Institute in Big Sur, California, helps listeners to see the luminous light within themselves and within each person in their lives. Williamson’s meditations, prayers, thought-provoking lectures and exercises take us on an exploration of our human potential and are designed to help us return to our “Serene Centers.” By quieting our minds and going within to that still place that exists in all of us, we can find the courage to look at ourselves in a new and “luminous” light and explore the unlimited possibilities that exist in our lives and our world.

In-depth exercises, meditations, prayers, and thought-provoking lectures are accompanied by therapeutic background music. All are designed to have a profound effect on listeners’ day-to-day lives by helping them find and remain in their “Serene Center,” with the courage and presence of mind to look at their lives in a new, “luminous” light.

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