



Ask Asha: Heartfelt Answers to Everyday Dilemmas on the Spiritual Path

Asha Prayer

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Asha Praver

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Sorrow and stress are universal, but difficult situations can also be opportunities. To find the hidden blessings within the various situations of life, you need faith, trust . . . and sometimes, a wise friend to talk to. To many spiritual seekers, that person is Asha. Based on letters to questing souls, this book showcases the clarity, compassion, and inspiration of Asha Praver. Her responses will astound you with their universality and practical wisdom. Here is an example of the practical wisdom in the pages of Ask Asha: "It doesn't matter how far you are from where you aspire to be. The only way to get there is right from where you presently stand." "Experience is the best, in fact, the only true teacher."

Through her counseling, lectures, and written works, Asha Praver has helped thousands of seekers around the world to a deeper understanding of themselves and the spiritual path. She is a disciple of Paramhansa Yogananda (author of the classic *Autobiography of a Yogi*), a lifelong meditator, a meditation teacher and mentor for over 40 years, and a spiritual director of the Ananda Community and Temple of Palo Alto, California. She is also the author of *Swami Kriyananda As We Have Known Him and Loved and Protected: Stories of Miracles and Answered Prayers*.

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