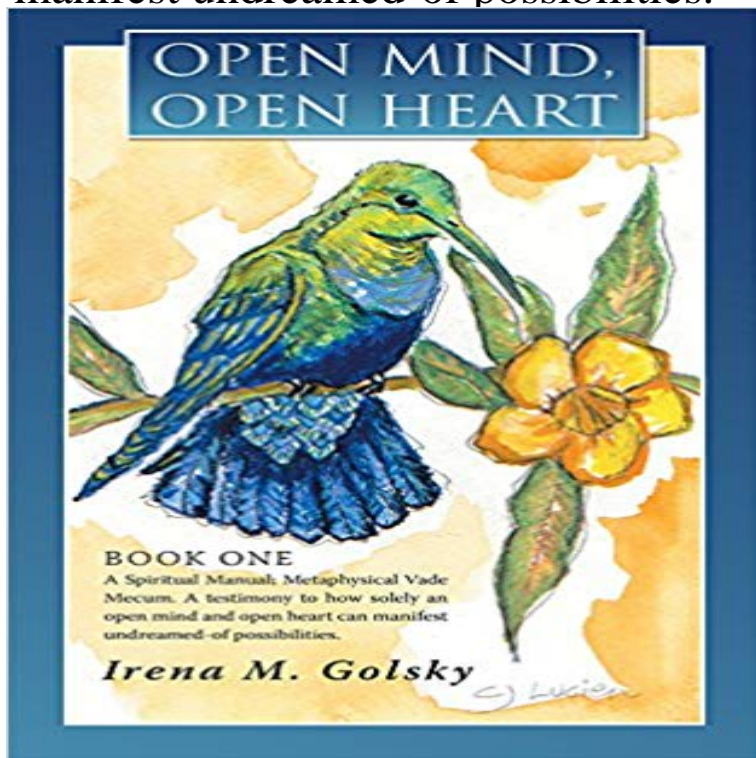


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Open Mind, Open Heart weaves together a tapestry of ancient eastern teachings and scientific knowledge with Irena M. Golsky's unique perspective gained from her spiritually transforming experiences and wide healing practice. It's meant to be read multiple times to uncover the layers of meaning distilled into one slim volume. You will want to keep it handy at your bedside or open it as part of your morning ritual to reveal the nugget of wisdom that is just right for you each day. Golsky continually enhances her healing abilities with the help of her guides, shamans, and spiritual healers in order to teach and help humanity. Her aim is to continue in words her mission of helping others to heal their minds, bodies, emotions and spiritual selves. This is the first of a trilogy being worked on by Ms Golsky. This trilogy is designed to guide you through the process of a positive spiritual transformation. Whether you are a man or woman, rich or poor, young or old, Open Mind, Open Heart can help direct you to a happier, more peaceful life. You may be an atheist, consider yourself a spiritual seeker, or be devoted to a religious path, but it makes no difference: This work will awaken your spirit, feed your intellect, and please your soul.

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