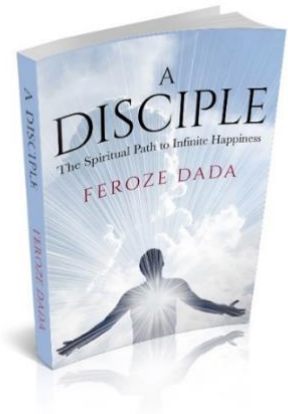


## PRESS RELEASE

### Infinite Happiness .....How to achieve it. *A definitive new guide from Feroze Dada*



#### **A Disciple....*The Spiritual Path to Infinite Happiness***

*A Disciple* describes a singular journey with a universal appeal, on the path of Perennial Wisdom. There are lessons for us all as we recognise the call from our inner spirit, our yearning for 'something other' in a materialistic world that so often leaves us dissatisfied.

There is another way for us to live, and *A Disciple* asks important questions about faith and spirituality and connects us with the power of meditation. The author believes passionately that it is meditation that provides the foundation for a caring and compassionate future.

The story is told with engaging candour, with tales from mythology, quotations from Rumi, and references to Sufi texts all adding colour to the Wisdom Teachings he is receiving. *The wise ones spoke in parables and metaphor because that is the form that penetrates and transcends our defences. We go to some deeper part of ourselves; non-linear and non-cerebral, which is what meditation is.*

*A Disciple* is a fascinating exploration about how meditation can not only awaken our latent potential to live the best lives we can, but also transform the world.

Watch Interview with Journalist Kate Delamere

***"Such an amazing book with such awesome insights and for the courage you took to do this journey... .....hugely inspiring."***



**Please contact Meg MacMahon at [megan098@icloud.com](mailto:megan098@icloud.com) to receive a pdf or hard copy of the book or to arrange author interviews.**

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