



The 11 Karmic Spaces: Choosing Freedom from the Patterns That Bind You

Ma Jaya Sati Bhagavati

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The 11 Karmic Spaces: Choosing Freedom from the Patterns That Bind You Ma Jaya Sati Bhagavati
GOLD MEDAL WINNER OF A 2013 IPPY AWARD!

The 11 Karmic Spaces reveals how and why most of us become stuck in karma and our habitual patterns of action and reaction. We learn that although karma is a spiritual law, we do not have to be bound by it. Through awareness, intuition and grace, it is possible to choose freedom from karma. Ma Jaya shows us how. Ma Jaya has spent a lifetime learning and teaching about karma. She makes her deep understanding of karma and its role in our everyday lives accessible to anyone who seeks greater awareness.

The 11 Karmic Spaces: Choosing Freedom from the Patterns That Bind You Details

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From Reader Review The 11 Karmic Spaces: Choosing Freedom from the Patterns That Bind You for online ebook

Marilou says

I start reading the books few days ago on my travel to work and home. Ma has explained the real meaning of karma that I myself thought differently. She wrote this book to serve as a guide for finding one self and looking for an answer what has gone wrong in their lives. .Ma's spiritual teaching has introduced us vastly about loving unconditionally.

I love the book and I intended to read it again in the future

Lindsay says

This book explains everything about karmic traces and how to change them. Every chapter has several exercises to change our behavior in a positive way. I also liked her humor and the anecdotes shared by her students. These stories make the book less difficult to understand...some things will look familiar and even simple - we all heard these things before... but Ma makes them available for everyone. I will sure read it again.

Chien Nguyen says

i think it is make me feel relax.

Jennifer says

Giveaway entry

Nirmal says

I read this book in practically one day ... and then read it again. It seems simple but the teachings are very deep and you find yourself thinking about them throughout your day. Ma Jaya breaks it down in understandable, down to earth, portions that you can apply to your life right now. I'm try to apply them every day. Some days are better than others.

Eerika says

What can I say? Wow? Yes. Wow! For me anyone couldn't describe better what karmic spaces are. I totally found myself inside many of the karmic cubbyholes and I want out. And I've already started some of the practices to let go. Which is kind of a big thing, because even I think promises are sacred and try my hardest to keep them for other people, I haven't treated promises for myself same way. I'm always procrastinating. I really need rock solid deadlines to get anything done for myself. The practices felt so easy and effortless, at least some of them, that I got started right away. And as found in the book according to sport slogans: No excuses. Just do it.

Meryl Landau says

A very nice guide to the various mental reasons we hold ourselves back, and what we can do about it. Written by a swami who clearly lives what she teaches.

Justin says

Didn't resonate with me. There probably is wisdom here but I didn't find myself being drawn in to it.

Austin Hall-davis says

As I begin my spiritual journey, this book was the key to open the lock of my awareness. I am not fully capable of describing this book until I have read it a few more times through. What I can say is that Ma describes the karmic spaces and how to overcome them in such a way that I immediately know what is being referenced while also chewing on the info after a session

Matagiri says

The 11 Karmic Spaces is the winner of a gold medal in the 2013 Independent Publishers Book Awards! This is very well-deserved recognition.

Steve says

Life-changing! Ma Jaya delivers in a very accessible way and the material can be immediately applied to daily life. Wonderful!

Marsha says

I won this book from First Reads and I'm so glad that I did.

I have to say that when I first picked up this book, my thoughts went immediately to the (now ended) t.v. show 'My Name is Earl'. If you know the show, you know why, if not - no worries. However, this book isn't really at all like the show, but it did give me pause to see how/why many people think of Karma as 'what goes around comes around...' As I sat down with this book, I found myself reading faster and farther than I expected at first. I anticipated a dry read, though very informative and interesting. What I discovered, was Bhagavati's easy to read explanations and teachings of what Karma truly is and how we can "influence" or change (or 'break') it based upon our free will and choices. The phrase "food for thought" can definitely be applied to this concise but very enriching book.

Thank you so much for the chance to expand my mind and learn something that will influence my future:)

Catherine Dickinson says

I've read this book once...now reading it much slower over and over again. Each sentence can be a whole day's pondering. This is NO esoteric work. This is a book of wit and substance that is practical, it helps you understand everyday interactions. Karma occurs when you react. Therefore if you can act instead of react, you can change patterns that bind you. This is a theme in Ma Jaya's book. There are plenty of examples and stories that anyone can relate to. You will find your self wanting to discuss the book with others. Personally I found it answered some questions about my personal past that no one else could. It was mind boggling in its depth. I highly recommend this book to anyone wanting to grow emotionally or spiritually or both.

Elaine Simon says

I love this book; it is a profound book written in a very interesting manner. I feel it is so useful in the help given to untangling those karmic spaces we find ourselves involved in. I have waited for a book like this.

Clara says

I hesitated because I am usually leery of self-improvement books, but this is turning out to be fun to read and actually interesting and useful. The writing is lively, full of Ma's personality and humor. I am skipping around rather than reading front to back, but I'll probably re-read cover to cover.
