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Midnights with the Mystic: A Little Guide to Freedom and Bliss

Cheryl Simone, Sadhguru

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Constructed around a series of late night conversations around a camp fire between Cheryl Simone and Sadhguru Vasudev on an Island in the middle of a Western North Carolina lake near her mountain home, *Midnights with the Mystic* is the most thorough exposition of the teachings of India's most sought after mystic. Sadhguru challenges us to embrace the possibility that to each of us is available a higher realm of reality, a peak of consciousness/ an entrée into the realm of freedom and bliss.

Simone, an Atlanta real estate developer, was the typical baby boomer in search of an authentic spiritual experience. Professionally successful, yet spiritually arid, she discovered a way into what she was looking for in the teachings of Sadhguru. Concrete and down-to-earth, *Midnights with the Mystic* both provides readers with an introduction to profound spiritual teaching and a personal glimpse of a charismatic guru.

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