



# Pause, Play - A Higher Consciousness Handbook

*Klaas Pieter van der Tempel*

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There are many different ways to "wake up" and open up a higher state of consciousness, making reality more alive, sacred, playful and magical, but many books focus on only one or two ways, such as meditation. Now Klaas Pieter van der Tempel has written a handbook listing more than 50 ways to achieve higher consciousness in everyday living.

"A nice, easy to read book of perception changing experiments that even I can understand-- most of them free & legal!"

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