



This Thing Called You

Ernest Holmes

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This Thing Called You

Ernest Holmes

This Thing Called You Ernest Holmes

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One of Ernest Holmes's cornerstone works, *This Thing Called You* is an intimate guide through which readers learn the important lesson of how they are an immutable part of the flow of life, and how they may fulfill the longing, within all of us, to live more fully.

The book details methods of meditation used for healing, improving mind and body, and reaching one's divine self. Included are numerous inspirations, meditations, and prayers that individuals can apply to their lives, which reveal the unlimited potential of the spiritual psychology that Holmes founded.

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