



## Lovely Teachings

The book is a collection of 31 free-flowing spiritual teachings, inspired by the spiritual metaphors that Neil has received during his meditation sessions. He provides valued spiritual insights into a wealth of topics including 'Wisdom and Responsibility' and 'Taking Your Destiny Into Your Own Hands', for the reader to contemplate on and take with them throughout their journey. Anger Is Blocked Love by Neil Patel (Chi Kri Limited) £5.97 [chikri.com](http://chikri.com)