



Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex

By Chandresh Bhardwaj

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Have you ever felt like you're living out a script written for you by others—in your work, your relationships, or spirituality? “To break through the norms we've been conditioned to believe is an act of rebellion,” writes Chandresh Bhardwaj. “We must be prepared to be brutally honest. We must overturn our assumptions and unlearn our suffering. We must be willing to discover our real reasons for being alive.”

In *Break the Norms*, Chandresh illuminates the unconscious beliefs we carry about matters of sex, death, love, ego, God, and gurus—then offers penetrating questions and self-inquiry practices to help us separate our own truth from the products of the status quo. Join him to explore:

- Your Inner Truth—how to set aside your conditioned, ego-based perspective and bring forth your authentic wisdom
- Spiritual Practice—where you can get stuck practicing meditation and yoga, and how to keep moving toward a deeper experience of God
- Mastering the Ego—developing a healthy approach for dealing with anger, fear, and desire
- Seeking Your Guru—dispelling the myths about gurus and finding the right teacher to hold up a mirror to your soul
- Love, Sex, and Spirit—how we can integrate the physical world and the transcendent through the path of devotion
- Mortality and Morality—overcoming our fear of death and our resistance to creating heaven on earth

There are no “right answers” in spirituality, but asking the right questions can help us discover who we are and what we are becoming. “Authenticity is inherent each of our souls,” writes Chandresh. “When we start to be authentic, we start to get back in touch with our divine source.” *Break the Norms* is the first book from a compelling new teacher—and a clarion call to embrace our own spiritual authority.

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Editorial Review

Review

"Most people believe that spiritual growth requires subscribing to an established spiritual/religious path and following the directions of that organization's designated teachers. Bhardwaj tells his clients that just the opposite is true. He tells readers that spiritual growth requires breaking free of established dictates and society's conditioning, and that our own inner truth is the only guide that will ferry us to enlightenment. His book begins with an overview of the Breaking the Norms protocol and then applies it, chapter by chapter, to individual areas of life. He challenges established norms, i.e., making money isn't spiritual, death is the end, sex is separate from God, and the ego is evil. Let customers know that each chapter contains exercises to help the reader move beyond blind acceptance to risk finding their own way to a more meaningful life."

—**Anna Jedrzewski**, *Retailing Insight*

About the Author

Chandresh Bhardwaj

Chandresh Bhardwaj is a seventh-generation lineage holder from a family of Indian gurus practicing the Tantric tradition. He conducts talks all over the globe in countries including Sweden, the Netherlands, France, Switzerland, Hong Kong, Belgium, Canada, and the US. He is a disciple of his father, His Holiness Shri Chamunda Swami, who is recognized as an authority in the field of spirituality worldwide. His father gave him the name Chandresh, which means "Master of Consciousness."

Chandresh is the founder of the Break The Norms Movement, with locations where Chandresh meets with clients in New York, Los Angeles, New Delhi, and Amsterdam. In addition, Chandresh recently founded the nonprofit Uncensored Spirituality Foundation to spread spiritual awareness globally among those who don't have the resources. For more, visit breakthenorms.com.

His Holiness the Dalai Lama

Tenzin Gyatso, The Fourteenth Dalai Lama, is the spiritual and temporal leader of the Tibetan people. In 1989, he was awarded the Nobel Peace Prize for his struggle to liberate Tibet while advocating peaceful solutions based upon tolerance and mutual respect. He is the author of dozens of books, including *The Art of Happiness* and *The Universe in a Single Atom*

Users Review

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The ability that you get from Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex is a more deep you looking the information that hide within the words the more you get thinking about reading it. It doesn't mean that this book is hard to recognise but Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex giving you excitement feeling of reading. The article author conveys their point in selected way that can be understood by simply anyone who read this because the author of this book is well-known enough. This kind of book also makes your own vocabulary increase well. Therefore it is easy to understand

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Kimberly Silvestre:

Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex can be one of your basic books that are good idea. All of us recommend that straight away because this guide has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The writer giving his/her effort that will put every word into joy arrangement in writing **Break the Norms: Questioning Everything You Think You Know About God and Truth, Life and Death, Love and Sex** nevertheless doesn't forget the main position, giving the reader the hottest along with based confirm resource information that maybe you can be one among it. This great information can easily drawn you into new stage of crucial considering.

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