



***A Guide to  
Bliss:  
Transforming  
Your Life  
through  
Mind  
Expansion***

by  
**Shai Tubali**

**MSI Press**

**Non Fiction  
Spiritual**

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***A Guide to Bliss  
Transforming Your Life through Mind Expansion***

This practical guide and the method presented in it are based on a very simple principle: all our negative emotional and mental states are the result of our currently limited and contracted mind; when we expand our mind, these states dissolve.

*"Commonly, the way we use the capacities of our consciousness is pretty narrow. . . the truth is that our consciousness bears an enormous, if not inconceivable, scope of flexible directions and motions, and we can delve into it for an entire lifetime and still remain unfulfilled. Just like outer space, with its billions of galaxies, which astounds us in its countless possible discoveries, so too, our consciousness holds within it a tremendous range of possible experiences, insights and subtle dimensions."*

Excerpt from *A Guide to Bliss*

*A Guide to Bliss* is a rich introduction to the 'Expansion Method' that has already gained popularity in German-speaking countries and Israel. The book leads the reader carefully through the practice, illuminating the way by the direct experience of practitioners of the method and the extensive philosophy behind it.

This book enables the reader to develop the skill of the expansion process. It guides the reader in applying this process independently to the various dimensions of life: from the therapeutic and psychological plane to decision-making and to spiritual and meditative elevation. The very structure of this book is, in itself, a wholesome course of expansion; it goes from providing the skills for coping with the mental and emotional world within, to providing knowledge of healthy and constructive interactions with the world, to giving the ability to get in touch with the universe and the infinity that encompasses the readers wherever the reader goes.

Whether determining a next step in business, clearing away some sad memory, or just improving general well-being, all the reader needs is to systematically tap into the tremendous potential of the mind, as shown in this guide.

*"I have tried the 'expansion process' which appears at the beginning of the book. Words cannot describe the joy that flooded me and the showers of insights. The process itself imbues with a tremendous positive energy. Whoever manages to expand once will wish to return again and again to that experience. Highly recommended."* (Different Life magazine, Israel)

For more information, email [editor@msipress.com](mailto:editor@msipress.com).

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**Author:** Shai Tubali specializes in the field of self-transformation. His fourteen books in the Hebrew language (two bestsellers; another earning a prize from the Israeli ministry of education), four books in the English language, and two books in the German language are dedicated to establishing new pathways of genuine inner self-change. His book, *The Seven Wisdoms of Life*, was a 2013 Book of the Year (BOTYA) finalist. For the past 14 years, Shai has been teaching spiritual transformation in Europe and Israel, and since 2009, he has been teaching his "Expansion Method" internationally in schools, workshops, and private sessions.