



PRESS RELEASE

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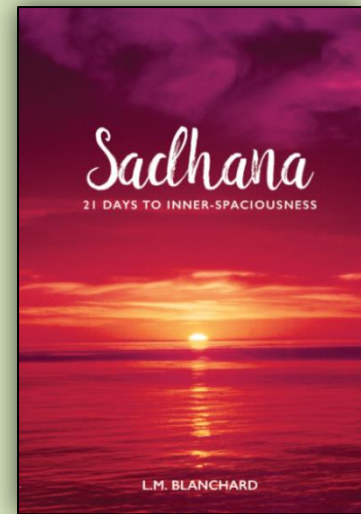
FOR IMMEDIATE RELEASE

New Book by Award Winning Author L.M. Blanchard

A life lived within a chaotic pattern of programs renders the mind entrapped by the creation of its own predicament - Break free in 21 days.

Sadhana: from Sanskrit, "A spiritual practice or discipline leading to a goal."

Readers dive into an authentic journey of self-discovery and liberations as the author shows how to navigate through obstacles that float on the surface of human consciousness. Life-diminishing programs have been embedded into the matrix of human consciousness...it's time to dismantle those bonds.



Readers learn a series of 21 spiritual exercises (sadhana) designed to bring liberation from human conditioning and limitations leading to a more peaceful existence. Each of the 21 days of practice is approached with a sacredness that has all but vanished from contemporary life.

Through the act of dedication, intention and sacred practice, the reader will flow into the experience of inner-spaciousness through active participation. A multi-faceted approach that incorporates meditation, introspection and ritual will help the reader to move away from the shackles of mind generated blocks and obstacles that prevent living a peaceful life. The purpose of this book is to infuse the sacred in the everyday and in doing so, creating space in human consciousness where the inner-divine can arise and dwell in harmony with the mind.

About the author



L.M. Blanchard has studied natural health sciences and opened a clinic providing naturopathic care to his clients before following a call to join the Royal Canadian Navy. He then transitioned to another government agency where, on his own time, established a successful workplace meditation program and was honoured with the agency's Assistant Director's Merit Award for his contribution to the department's health and wellness program.

Throughout the years, he's travelled the world attending many workshops and retreats in pursuit of deepening his spiritual experiences and understanding. In 2014, his first book [The Golden Link to Oneness](#), with a foreword by actress Lindsay Wagner (The Bionic Woman), was published by [Burnstown Publishing House](#), which won the bronze [2015 Living Now](#) book award in the Enlightenment & Spirituality category. In 2015, he recorded his first mediation CD called [The Golden Link to Oneness Mediation](#). He's currently involved in developing a spiritual travel documentary series as well as working on his first spiritual novel and a dramatic screenplay.

The author can be reached through his website at www.lmblanchard.com

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