



The Contemplator: Practical Philosophy to Keep Your Mind Clear, Body Light, and Spirit Free

Vijay Matthewada

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A book of beautiful contemplations to refresh your mind, body, and spirit by making philosophy accessible and useful. Written by a physician who has lived and suffered well. Heart-touching and thought-provoking! Contemplation is a lost art, and chances are, you've completely forgotten how to be alone with your thoughts. Philosopher-physician Vijay Mattewada, MD, provides an accessible and relevant gateway to inner peace and clarity with his new book of aphorisms, *The Contemplator: Practical Philosophy to Keep Your Mind Clear, Body Light, and Spirit Free*. He provides a soothing tool for slowing down and carving a few moments of quiet and calm out of your day. He helps you understand the importance and life-changing benefits of a moment's pause in reflection-whether it's of nature, your soul, God, a personal burden, or a decision big or small. Before you know it, the inclination to step out of the daily grind, and away from the information highway, to stop and think, will become second nature. Ultimately, the goal of deliberation is a better understanding of yourself, your life, and your purpose for living. Dr. Mattewada's yogi-like approach to life will leave you convicted, encouraged, enlightened, and most importantly-contemplative. Author bio: A lifelong contemplator, Vijay Mattewada, MD, realized as a child that his thinking was different from those around him. His priorities did not fall in line with the world's desires for material possessions and power. Life is more than making a name and making money, which lead to much of the world's suffering and injustices. His observations, and coming to terms with his own life's mistakes, made him write down and compile his words of wisdom to share with others. For the past two years, overwhelming chronic fatigue syndrome has kept him homebound but allowed him to finish his book, *The Contemplator*, which has been ten years in the making. His desire is for his reflections on the mind, body, heart, and soul to bring out the contemplator hibernating within each person, so they can reach a place of spiritual fulfillment.

The Contemplator: Practical Philosophy to Keep Your Mind Clear, Body Light, and Spirit Free Details

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Stephanie says

I absolutely LOVE this book! As I read and thought and thought some more, I debated between a highlighter and post-its. I wasn't sure if I wanted to destroy a book I would pass along (because it MUST be passed along). There were so many life lessons and memories filled within the pages. The most important of the entire book was Matthewada's motto itself, "Who I am is not important; what I do, is". I can not explain the amount of essays and conversation starters that lay in the pages. All I will say is this, MUST READ.

Beverly says

I won "The Contemplator: Practical Philosophy To Keep Your Mind Clear, Body Light, And Spirit Free" on Goodreads First Reads. It's a very thoughtful, inspiring book. I was amazed that all of the quotes came from one person. Usually these types of books are a compilation of quotes from many different people. Great book.

Holly says

If you like Philosophy - which I do - you'll love this little gem of a book.

Evija says

This wasn't a bad book at all. Maybe it just wasn't meant for me at this particular time of life, maybe I just expected something different from the book claiming to keep my mind clear, body light, and spirit free.

Some thoughts were really nice and felt fresh. It was something different from books which are not more than the compilation of what others had said about the topic in the past. The author had done some good brain exercise while writing this book.

I will walk away with couple of inspirational thoughts in my pocket. Hope they will stay with me for longer than couple of weeks or months.

The reason, why I couldn't give more than 3 stars to this book was that it was very depressive most of the time. If someone claims to free my spirit, I expect him to lift me up, inspire me. Instead he gives my lines like pain is inevitable and inescapable. For instance "Pleasure is fleeting, suffering constant", "Every day of my life, I regret the way I lived yesterday", everything is predestined, you can do nothing and stuff like that.

To conclude: the thoughts were worthful but I am expecting a positive impulse from those kind of books, not

being pushed still deeper in the Black hole I am trying to get out of.

I got this book for free from librarything.com giveaway in Exchange for a review.
