



# Transcendental Wisdom Book of Quotes, a Place for Notes

SPIRITUALITY & SELF-HELP

As more people take time out from their extra-busy lives, or to reflect on what's going on in the world, many are discovering the benefits of daily notes and journaling. Lynnea Bylund herself has been keeping notes and journals for decades. "Journaling can help you see your progress, remember day-to-day events and focus on matters of faith and consciousness. It has certainly worked for me," says author, meditator and business professional, Lynnea Bylund. Whether you want to make sense of your busy life or pause and reflect, journaling has a plethora of benefits just waiting to be discovered, adds Lynnea.

*"There is only One being." Adi Da Samraj*

*"In most lives insight has been accidental. We wait for it as primitive man awaited lightning for fire. But making connections through journaling is our most crucial learning tool, the essence of human intelligence; to forge links; to go beyond the given, to see patterns and relationships in context." ~ Marilyn Ferguson*

Lynnea Bylund's Transcendental Wisdom Book of Quotes, A Place for Notes provides a simple & encouraging method to discover your innate intelligence and focus on deeper meanings and evolutionary growth and healing from within. This beautifully illustrated convenient pocket-sized self-exploration notebook also makes an ideal gift for a friend or loved one – it makes the perfect daily writing prompt journal for adults and teenagers alike.

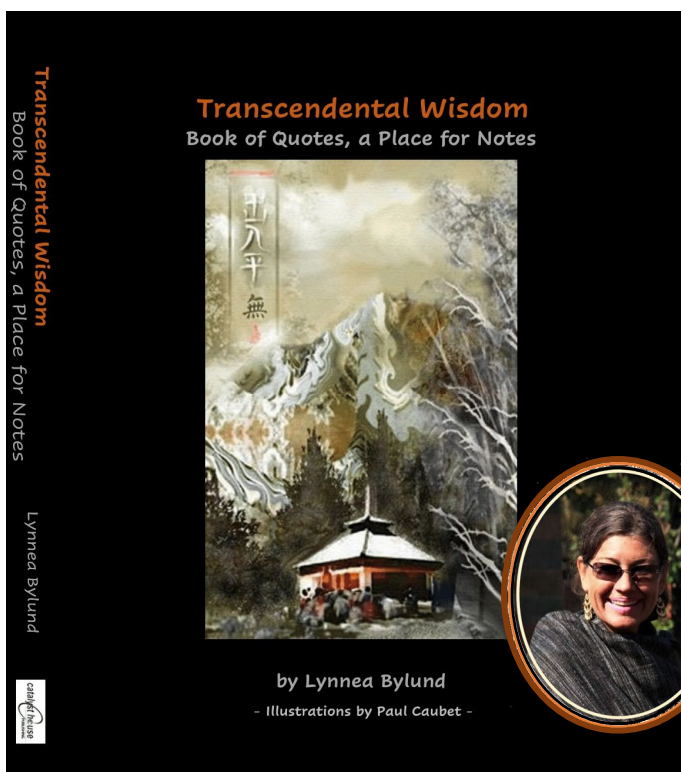
## ABOUT THE AUTHOR

Lynnea Bylund has a degree in holistic health and nutrition from the legendary and controversial health researcher, educator and activist Doctor Kurt Donsbach; She is the former Managing Director of Gandhi Legacy Tours; Director of Gandhi Worldwide Education Institute; Founder of Catalyst House; and has over three decades of knowledge in corporate administration marketing and business development. Through the 90s she was a nationally recognized spokeswoman for emerging broadband video and information delivery industries. Lynnea is the founder of two not-for-profit small business-based wireless trade associations and has lobbied on Capitol Hill and at the FCC where she has spoken out strongly against the cable TV monopoly, illegal spectrum warehousing and congressional schemes to auction our nation's precious airwaves to the highest bidder. In 1995 she was one of only 18 winners, along with Sprint, AT&T, and Verizon, in the biggest cash auction in world history - a whopping \$7.7 billion.

Lynnea is enthusiastically available to give her well-received talks and presentations about journaling, self-discovery and the meditative life.

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## Transcendental Wisdom

### Book of Quotes, a Place for Notes

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**Contact:** [lbylund@catalysthouse.com](mailto:lbylund@catalysthouse.com)