

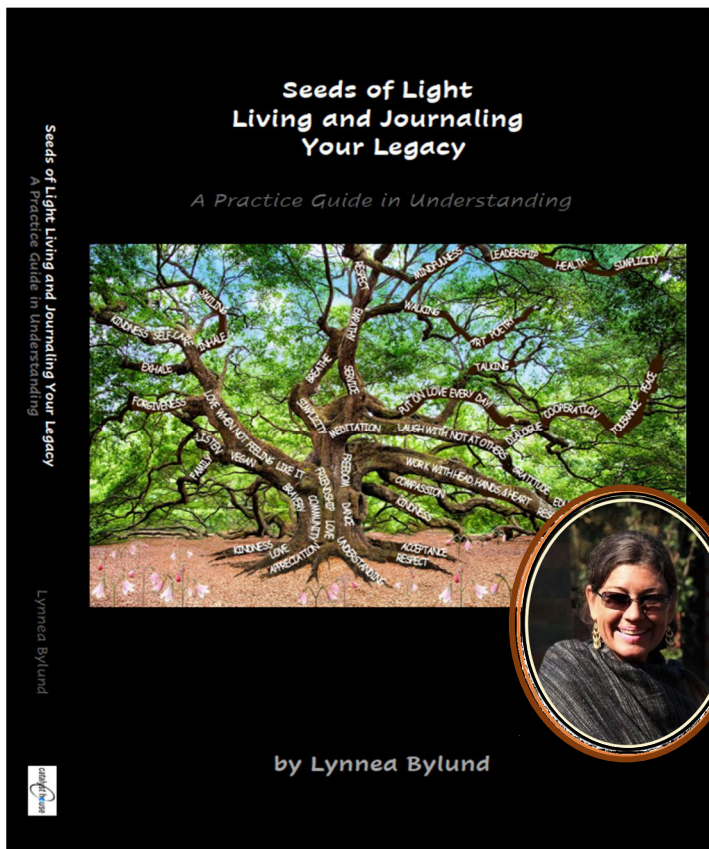


Seeds of Light

Living & Journaling Your Legacy

- A Practice Guide in Understanding -

EDUCATION & 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 as long as she can remember. "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 simply pause and reflect, journaling offers a plethora of benefits just waiting to be discovered, adds Lynnea.

"With violence on the uptick, especially in our schools throughout the nation, it is time we re-evaluate our curriculum and begin to integrate value-based options to help children understand and overcome passive-violent tendencies." - Lynnea Bylund

Lynnea Bylund's *Seeds of Light, A Practice Guide in Understanding*, 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 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, as well as her travels with the Gandhi family throughout India and South Africa.

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