



# Take Me To The Mountain: Discovering the You That Never Dies

*Moyra Irving*

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## **Take Me To The Mountain: Discovering the You That Never Dies** Moyra Irving

'Take Me to the Mountain' is a spiritual retreat for those who are living and working in the world. With no complicated techniques involved it will quickly reduce stress levels and increase your sense of well-being. It is designed to fit easily into any routine - and above all will cost you nothing! Discover your own 'Undying Self' through 5 Pathways to Immortality, beginning with the simple practice of Silence - the very essence of retreat.

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