



Into The Silence

Nic Morris

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What does it take to become fearless?

When Chris Hinton was eleven, something terrible happened. Now, at twenty-five, Chris takes a journey from London to India - where he learns the true meaning of fearlessness. He experiments with Buddhism and has a chance meeting with the Dalai Lama in the Himalayan town of Dharamsala. Later, he travels to the South of India, to the ashram of Sri Ramana Maharshi, where he meets his true teacher on the top of the sacred Hindu mountain Arunachala.

From him, he learns that happiness is related only to the degree of fear in his mind, and through both ancient and modern techniques, eventually finds the peace that he has been searching for his whole life.

Into the Silence is a story of redemption, and of overcoming all personal challenges to find inner peace - even when it seems impossible to achieve.

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