



**THE FOREPLAY MANUAL - Life is predestined
- How to relax, lie back and let it rip: The 6 Step
Handbook to the Secret Knowledge of the
Wellspring**

Rudi Swift

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This is a powerful manifesto to understanding the way of the Cosmic Surfer and how to have the ride of your life. 6 short but deeply profound steps to the wellspring, understanding the affirming ocean that is your current path, the Karmic Law, the reality of your mindfulness, reincarnation, how to recapture and develop your bliss, the simplicity and magnificence of The Path and how to connect to the universal brotherhood with compassion and love, how to fill your life with success, health and wellbeing, relaxation and complete serenity. A delightful and life changing book to inspire awareness and joy.

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