



Atmamun: The path to achieving the bliss of the Himalayan Swamis. And the freedom of a living God.

By Kapil Gupta MD

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Editorial Review

About the Author

Dr. Gupta has spent more than two decades developing the process of Atmamun as a path by which to gain mastery over the human mind and attain True Freedom in one's life. Dr. Gupta's clients include elite professional athletes, celebrities, and world class executives. Dr. Gupta guides them through the process of Atmamun in order to help them become the God of their own lives.

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