

Natural Bliss

A COLLECTION OF
PHOTO-POEMS AND ESSAYS,
INSPIRED BY NATURE

Natural Bliss is just that – a bliss that dawns spontaneously in Life and while in Nature. It includes bliss that arises naturally in a quiet, curious and attentive mind, which tries to learn about itself and its unique place in the Natural Order. Out of this love for Life and Nature, has emerged this unique collection of inspired poems, photo-poems, essays, photographs and paintings. The author has a professional background in Neuroscience and Neurology and an educational background in Eastern Philosophy, Sanskrit Literature, Yoga and Vedanta. He has a long interest in Meditation. He values formal Sitting Meditation or Dhyānam, and observes Mindful Presence throughout the waking hours. Many of the poems were inspired during his own meditative experiences. He loves Nature Photography and he effectively combines poetry with photography, which has resulted in his unique Photo-Poems. He and his wife, Sunanda enjoy Painting as a hobby and some of their original Paintings are included in this book.



VINOD D DESHMUKH MD PHD. He is a retired neurologist from Jacksonville, Florida. He was an Associate Professor of Neurology at University of Florida. He also had his own private practice at the Flagler Hospital, in St Augustine, Florida. He has published over sixty scientific articles including a monograph on Brain Blood Flow.

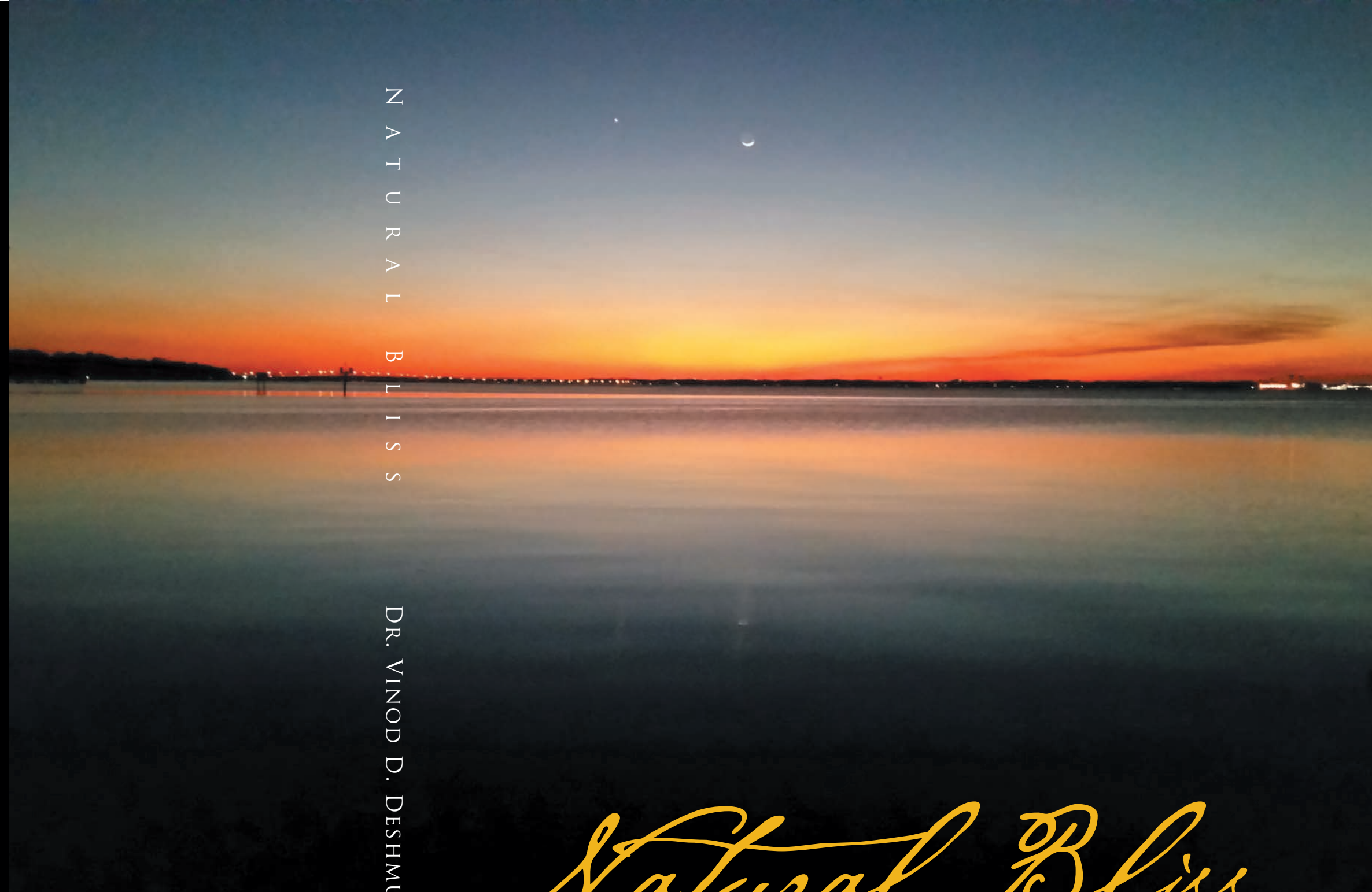
His recent articles were on the Neuroscience of Meditation, the Multistream Self, Turiya, Prana-Dhyana, Vedic Psychology as a Science of Wisdom, and The Cognitive-Pause and Unload, the CPU hypothesis of Meditation and Creativity.

His latest book is called “The Astonishing Brain and Holistic Consciousness: Neuroscience and Vedanta Perspectives.” It was published in 2012 by Nova Science publishers of New York.

Poetry, photography and oil painting are his hobbies. He has published four books of his original poetry, essays and photographs: 1) Presence: the Key to Mental Excellence, 2) The Last Leaf, 3) A Poet’s Walk and 4) A Poet’s Vision.

His website: <http://poetsmiles.com/>

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DR. VINOD D. DESHMUKH, MD, PHD

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File Type: InDesign
Request ID: CSS1483003