

Amy Dahya's inspired works provide people of all ages, cultures and beliefs with practical tools for drawing upon their inner abilities, in order to achieve peace, happiness and success at all levels of their lives, from their health, careers, personal relationships with loved ones and friends, through to their influence upon events in the world at large.

Amy teaches us how we can achieve Empowered Living, in every dimension of our lives.

Amy has been a speaker at the Celebrate Life Festival in Cape Town, and is well known in South Africa.



- What if an opportunity presented itself and you were given insight into the puzzle of life – from the Source Itself – the **Reflection from the Origin**, from which all things come?
- Dahya's second book **Parables from the Origin** inspires the reader through twenty Parables on the key aspects of living.
- Dahya's third book **Zero Conflict** again uses short stories to creatively help the reader to identify, understand and resolve their conflicts.
- Dahya's fourth pocket book **Be and Is** is a fun book and a personal guide to our daily living. just open its pages at random to discover the advice you seek...

Book reviews

Before reading Towards **Zero Conflict**, I believed that I was in conflict with the outer world, in which I was completely misunderstood. Reading this book made me realise that conflict is a state of mind...and that inner conflict forms the foundation of external conflict. Editor, Sitara Magazine

"I read the chapters on Harnessing the Present and on Fear today. Bravo! Just what I needed. Very life affirming." Reader, Hong Kong

"Conflict is a state of mind.. It is like a powerful virus that breeds and multiplies, infecting all that comes in its way. Yet, conflict is completely helpless, for it can be extinguished by a simple thought.."