

consciousness expansion book

consciousness expansion book has rapidly become a fascinating topic for readers seeking to explore the limits of human awareness and personal growth. This article delivers a comprehensive guide to the world of consciousness expansion books, uncovering what they are, their core benefits, and what readers can expect from these transformative works. We'll examine the essential qualities that make a consciousness expansion book impactful, highlight some of the most influential titles in the genre, and offer practical tips for choosing the right book for your personal journey. Whether you're new to the concept or searching for the next step in your self-development path, this guide will help you navigate the rich landscape of consciousness literature. Discover how these books promote self-awareness, spiritual awakening, and mental clarity, and learn how to integrate their teachings into your daily life. Dive in to access expert insights and actionable advice for harnessing the power of consciousness expansion books.

- Understanding Consciousness Expansion Books
- Key Benefits of Reading Consciousness Expansion Books
- Essential Features of an Effective Consciousness Expansion Book
- Top Consciousness Expansion Books to Read
- How to Choose the Right Consciousness Expansion Book
- Applying Insights from Consciousness Expansion Books

Understanding Consciousness Expansion Books

A consciousness expansion book is designed to help readers broaden their awareness, explore higher states of consciousness, and enhance personal growth. These books often combine elements of psychology, spirituality, neuroscience, and philosophy to guide readers toward a deeper understanding of themselves and the universe. The genre covers a wide range of topics, including mindfulness, meditation, altered states, and the nature of reality. Through carefully curated knowledge and practical exercises, consciousness expansion books offer pathways to increased self-awareness and transformative experiences.

Readers interested in consciousness expansion books are typically seeking tools and insights for personal transformation, spiritual awakening, or a greater understanding of existence. The appeal lies in the promise of unlocking hidden potentials, breaking through mental barriers, and achieving holistic well-being. These books are relevant to anyone on a quest for meaning, self-discovery, or mental clarity.

Key Benefits of Reading Consciousness Expansion Books

Engaging with a consciousness expansion book can have a profound impact on multiple aspects of life. These books are more than just informational—they serve as catalysts for real change. Here are some of the primary benefits readers can expect from diving into this genre:

- **Enhanced Self-Awareness:** Readers learn to observe their thoughts, emotions, and behaviors from a new perspective, leading to greater self-understanding.
- **Spiritual Growth:** Many consciousness expansion books introduce spiritual concepts and practices, helping readers deepen their sense of connection to themselves and the world.
- **Improved Mental Clarity:** Techniques such as mindfulness, meditation, and journaling can sharpen focus and clear mental clutter.
- **Stress Reduction:** By learning to expand consciousness, readers often experience a reduction in stress, anxiety, and negative thought patterns.
- **Greater Creativity:** Expanded consciousness often unlocks new perspectives, fostering creative thinking and problem-solving abilities.
- **Emotional Balance:** These books frequently address emotional intelligence, helping readers manage their emotions more effectively.

The cumulative effect is often a more fulfilling, purposeful, and balanced life. Whether the goal is personal or professional development, a consciousness expansion book provides valuable strategies for growth.

Essential Features of an Effective Consciousness Expansion Book

Not every book on consciousness delivers the same level of depth and transformation. To ensure a book is truly effective in expanding consciousness, it should incorporate several key features. These qualities distinguish the most impactful works in the genre:

- **Evidence-Based Content:** The best consciousness expansion books are grounded in scientific research, philosophical inquiry, or time-tested spiritual traditions.
- **Actionable Exercises:** Practical activities such as guided meditations, reflection prompts, or breathing techniques enable readers to apply concepts directly.

- **Clear and Accessible Language:** Complex ideas are made understandable, ensuring accessibility for readers at all levels.
- **Holistic Approach:** A well-rounded consciousness expansion book addresses the mind, body, and spirit collectively.
- **Authentic Author Perspective:** Books written by experienced practitioners, researchers, or spiritual teachers add credibility and depth.
- **Inclusivity:** Impactful works are welcoming to individuals of all backgrounds and belief systems.

By prioritizing these features, readers can maximize the benefits of their chosen consciousness expansion book.

Top Consciousness Expansion Books to Read

The field of consciousness literature is vast, with numerous influential titles that have inspired readers worldwide. The following list introduces some of the most widely recognized and transformative consciousness expansion books:

1. **The Power of Now by Eckhart Tolle:** This modern classic guides readers into present-moment awareness, offering practical tools for transcending the ego and experiencing deeper consciousness.
2. **Waking Up by Sam Harris:** Combining neuroscience, philosophy, and spirituality, this book explores the nature of consciousness and offers a rational approach to meditation and self-realization.
3. **Becoming Supernatural by Dr. Joe Dispenza:** Integrating science and mystical teachings, Dispenza provides actionable steps for creating profound changes in consciousness and health.
4. **Stealing Fire by Steven Kotler & Jamie Wheal:** This book delves into altered states of consciousness, examining how innovators and leaders use these states for peak performance.
5. **The Untethered Soul by Michael A. Singer:** Singer's work presents practical guidance for releasing mental limitations and living in expanded awareness.
6. **Conscious by Annaka Harris:** A concise and thought-provoking exploration of the mysteries of consciousness from a scientific perspective.

Each of these titles delivers unique insights and practical methods for expanding consciousness, making them excellent starting points for anyone interested in this

transformative genre.

How to Choose the Right Consciousness Expansion Book

Selecting the right consciousness expansion book depends on your personal goals, interests, and level of experience. With so many options available, it's important to consider several factors to ensure the best fit for your journey.

- **Identify Your Intentions:** Are you seeking spiritual awakening, stress reduction, creativity, or self-discovery? Clarifying your goals will narrow your options.
- **Consider Your Background:** Some books are rooted in scientific research, while others draw from spiritual or philosophical traditions. Choose a style that aligns with your worldview.
- **Assess the Author's Credentials:** Look for authors with experience, credibility, and a track record in the field of consciousness studies.
- **Review Book Structure:** Check if the book includes practical exercises, case studies, or guided meditations that support active learning.
- **Read Reviews and Synopses:** Reader feedback and book descriptions can offer additional insights into a book's tone and approach.

Taking these considerations into account will help you select a consciousness expansion book that resonates with your unique needs and aspirations.

Applying Insights from Consciousness Expansion Books

A consciousness expansion book is only as effective as the effort put into applying its teachings. To maximize the benefits of these works, it's important to integrate their concepts and exercises into everyday life. Here are some strategies for making the most of your reading experience:

- **Practice Regularly:** Set aside time each day for meditation, mindfulness, or reflection as suggested by the book.
- **Keep a Journal:** Document insights, changes in awareness, and progress along your journey.
- **Join Discussion Groups:** Engaging with others who are reading the same book can

deepen your understanding and provide support.

- **Apply Concepts Gradually:** Focus on one practice or idea at a time, allowing for gradual integration of new habits and mindsets.
- **Remain Open-Minded:** Be willing to explore unfamiliar concepts or approaches for deeper growth.

By consistently applying the teachings from a consciousness expansion book, readers can experience lasting transformation and heightened awareness in all areas of life.

Q: What is a consciousness expansion book?

A: A consciousness expansion book is a work of literature designed to help readers broaden their awareness, enhance self-understanding, and explore higher states of consciousness. These books often combine science, spirituality, and personal development techniques to foster growth and transformation.

Q: What topics do consciousness expansion books cover?

A: Consciousness expansion books often cover subjects like mindfulness, meditation, altered states, neuroscience, spiritual awakening, philosophy, and the nature of reality. They provide practical tools and theoretical insights for personal and spiritual development.

Q: Who can benefit from reading a consciousness expansion book?

A: Anyone interested in personal growth, self-discovery, spiritual awakening, or mental clarity can benefit from reading a consciousness expansion book. These works appeal to readers of diverse backgrounds and belief systems seeking deeper understanding and transformation.

Q: What are some popular consciousness expansion books?

A: Some popular consciousness expansion books include "The Power of Now" by Eckhart Tolle, "Waking Up" by Sam Harris, "Becoming Supernatural" by Dr. Joe Dispenza, "Stealing Fire" by Steven Kotler & Jamie Wheal, and "The Untethered Soul" by Michael A. Singer.

Q: How do I choose the best consciousness expansion

book for me?

A: To choose the best consciousness expansion book, clarify your intentions, consider your preferred style (scientific, spiritual, or philosophical), check the author's credentials, review the book's structure, and read reviews or synopses.

Q: Are consciousness expansion books based on science or spirituality?

A: Consciousness expansion books can be based on science, spirituality, or a combination of both. Some focus on scientific research and neuroscience, while others draw from spiritual traditions or philosophical frameworks.

Q: Do consciousness expansion books offer practical exercises?

A: Many consciousness expansion books include practical exercises such as meditation techniques, mindfulness practices, journaling prompts, and guided reflections to help readers directly apply the concepts.

Q: Can reading a consciousness expansion book help reduce stress?

A: Yes, many consciousness expansion books teach techniques like mindfulness and meditation, which have been shown to reduce stress, anxiety, and negative thought patterns.

Q: How should I integrate the teachings from a consciousness expansion book into my life?

A: To integrate teachings, practice recommended exercises regularly, keep a journal of insights, join discussion groups, and gradually apply new concepts to your daily routine.

Q: Are consciousness expansion books suitable for beginners?

A: Yes, many consciousness expansion books are written for beginners and use clear, accessible language. These books often provide step-by-step guidance and practical tools to support readers at all levels of experience.

Consciousness Expansion Book

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consciousness expansion book: *Modes of Consciousness Expansion* Shirley Ann Fleming, 1975

consciousness expansion book: Llewellyn's Complete Book of Ceremonial Magick Lon Milo DuQuette, David Shoemaker, 2025-05-23 A Comprehensive Collection of Magical Wisdom in One Indispensable Book Llewellyn's Complete Book of Ceremonial Magick brings together the myriad occult philosophies and techniques necessary for a thorough understanding of the esoteric arts. This magnificent treasury is filled with fascinating insights from today's most esteemed working practitioners, developing the rich details of a dozen topics that together comprise the Western Mystery Tradition. Within these pages, you will explore the rituals and ideas that have shaped the history and modern practice of magick. Edited by virtuoso occultists Lon Milo DuQuette and David Shoemaker, this brilliant collection of new writings is the preeminent reference work on the occult arts and sciences. Foundations of Western Magic (Sam Webster) • Qabalah (Anita Kraft & Randall Bowyer) • Planetary Magic (David Rankine) • Alchemy (Dennis William Hauck) • Demonology & Spirit Evocation (Dr. Stephen Skinner) • The Magick of Abra-Melin (Marcus Katz) • Enochian

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consciousness expansion book: The Book of Stones, Revised Edition Robert Simmons, Naisha Ahsian, 2015-03-10 Often dubbed the crystals bible, this comprehensive reference guide to the spiritual and healing qualities of 455 sacred stones has become the go-to book for looking up the properties of gems and minerals. Each entry includes vivid color photographs for each stone to aid identification and to showcase its beauty, as well as listing its scientific information, its element and chakra correspondences, and the physical, emotional, and spiritual benefits of each stone. Illustrated by gorgeously lit, clear color photos to aid quick identification, the book offers an illuminating alphabetical journey through the mineral kingdom, stone by stone. This new edition of The Book of Stones, the best-selling guide to some of Earth's most beautiful natural objects, is revised to include 76 new entries. The book begins with two introductory chapters detailing advice by authors Naisha Ahsian and Robert Simmons on how to work with crystals and stones—including the concept of crystal resonance and the scientific observation that living organisms (such as ourselves) are liquid crystalline structures. Each entry begins with the stone name and photo, plus its elemental and chakra correspondences, as well as keywords that indicate its properties. Next comes a description of the crystal structure, hardness, history, and known locations of each mineral, plus any relevant legend or lore from the past. Each author then offers their own take and personal insights on the subtle energy properties and spiritual applications of the stone. The entries conclude with summaries of the spiritual, emotional, and physical healing qualities of the stone, and an affirmation for evoking its potential benefits. The book's presentation is straightforward enough to make it an excellent introduction for beginners, yet the level of detail and the depth of research make it an invaluable resource for the most experienced stone practitioners.

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consciousness expansion book: The Man Who Mapped Consciousness Susan Hawkins, 2025-06-03 A biography of the late spiritual pioneer Dr. David R. Hawkins, or Doc as he was known to many of his devotees. This is more than a biography; it's a heartfelt journey, an invitation to experience his life and witness the extraordinary legacy he left behind. Dr. David R. Hawkins, a man whose existence was a symphony of curiosity, discovery, and transformation, a man, who not only was a brilliant thinker, but a man of deep compassion and love, dedicated to the upliftment of all of humanity. From his discoveries as a science-based psychiatrist to the confirmed reality of his own unique spiritual experiences, David R. Hawkins has gifted us with a treasure trove of insights into the human psyche and consciousness itself, that are as mind-blowing as they are soul-nourishing. He handed us a road map to Truth with his visionary Map of Consciousness®, an extremely useful guide in gaining profound insights into the nature of our existence and purpose on earth. In this book, you will come face to face with the revelations that turned his world upside down and elevated the consciousness of anyone fortunate enough to encounter his work. Let's begin this journey of Dr. David R. Hawkins, an extraordinary yet ordinary life whose imprint on the world stands for Truth as the highest endeavor, embraces compassion for all sentient beings, and in complete surrender and devotion to God as the Ultimate Reality.

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consciousness expansion book: Cosmic Consciousness and Human Excellence Mahmoud Masaeli, Rico Sneller, 2019-01-29 Cosmoconsciousness, or cosmic consciousness, is a term used to characterize a transcendence of the limits of self-consciousness. As an ultra-state of illumination of the mind, the roots of the conception are embodied in the quest for a spiritual connection with multi-dimensional cosmos. This quest searches for spiritual development as a pathway to human excellence, and can be associated with the mystics of ancient wisdom, as well as contemporary psycho-spiritual analysts. After its emergence in the late 19th century, cosmic consciousness rapidly became a source of inspiration for transpersonal psychology, moral therapy, and a thoughtful link to mystical quantum physics. By encouraging a spiritual way of perceiving the real world, cosmic consciousness also provides a source of inspiration for human excellence as the central idea of global ethics. In this perspective, the world cannot be changed for the better without changing individual consciousness. Global concerns, including ecological issues, violence and acts of terrorism, materialistic gratification and hedonism, could not be addressed effectively unless people's consciousness is changed. Cosmic consciousness, by the very perception of the inner life, has the potential to struggle with global concerns, and hence, it holds a promise of human excellence. This book discusses cosmic consciousness against the backdrop of the emergence of the rational and autonomous conception of the self, and the modern psychological depiction of selfhood. It places the idea of cosmic consciousness at the centre of contemporary arguments on the nature of consciousness.

consciousness expansion book: Congressional Record United States. Congress, 1977 The Congressional Record is the official record of the proceedings and debates of the United States Congress. It is published daily when Congress is in session. The Congressional Record began publication in 1873. Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States (1789-1824), the Register of Debates in Congress (1824-1837), and the Congressional Globe (1833-1873)

consciousness expansion book: Finding the Phoenix Karel James Bouse PhD, 2022-05-18 A journal of self-discovery, Finding the Phoenix, by author Dr. Karel James Bouse introduces seven tools for transformative self-discovery, including how to deconstruct one's lenses, consciousness and identity; use expressive arts to access hidden elements of the self; connect with nature from a mystical perspective; find the meaning of your dreams; use Neo-shamanic techniques for interdimensional self-exploration, demystify anomalous experiences and phenomena; and construct a personal mythology to discover your life purpose. Used synergistically, these tools facilitate a deep,

personal investigation that bridges and integrates the conscious with the unconscious, and the mythic with the mundane. Bouse provides you with background information based in academic, scientific, and professional psychological research, and detailed exercises as you follow the fictional "Lucy" through a series of workshops designed to help you find the phoenix of your authentic self. Finding the Phoenix offers a combination of thoughtful instructions, rich personal narrative from the perspective of Lucy, and experiential exercises designed to evoke insight, creativity, and personal development.

consciousness expansion book: Judy Hall's Book of Psychic Development Judy Hall, 2014-05-01 Drawing on Judy's many years as a psychic, soul retriever and past life regression therapist, this book helps you to avoid the pitfalls of the psychic path and to successfully navigate the challenging psychic situations that arise if things go wrong.

consciousness expansion book: Astral Projection: 7 Sacred Techniques to Master Conscious Travel and Unlock Higher Realms Emily Oddo, *Escape the Limits of Your Physical Body Tonight! Are you ready to explore dimensions beyond the physical world? Do you feel trapped by the limitations of ordinary consciousness? Have you ever wondered what lies beyond the boundaries of your body and mind? Astral Projection: 7 Sacred Techniques to Master Conscious Travel and Unlock Higher Realms is your complete guide to safely separating your consciousness from your physical body and exploring the infinite dimensions of the astral plane! Inside this transformative guide, you'll discover:* ➔ The ancient science of astral projection - historical wisdom from Egyptian, Tibetan, and Hindu traditions combined with modern consciousness research that validates these profound experiences ➔ 7 progressive sacred techniques from beginner-friendly methods like the Rope Technique and Point Shift Method to advanced approaches like Wake-Back-to-Bed and Sound-Induced Projection ➔ Complete preparation protocols - specific methods to create the optimal physical and mental conditions for successful out-of-body experiences starting tonight ➔ Navigation mastery for astral realms - proven methods to move through different dimensions, recognize landmarks, and create anchors for return visits ➔ Fear elimination techniques to overcome common obstacles like vibrations, sleep paralysis, and anxiety about the unknown ➔ Advanced consciousness control methods including environmental interaction, intentional travel, and communication with astral entities ➔ Spiritual growth applications for connecting with higher consciousness, accessing universal wisdom, and accelerating personal development ➔ Safety protocols and return techniques ensuring your practice remains secure, controlled, and psychologically beneficial *Benefits you'll experience:* □ Gain complete freedom from physical limitations - fly through space, visit distant locations, and explore impossible worlds beyond imagination □ Transform your understanding of consciousness through direct experience of awareness beyond the physical body □ Access unlimited spiritual wisdom and guidance by connecting with higher-dimensional teachers and cosmic intelligence □ Develop psychic abilities and intuition that enhance your effectiveness in daily life and relationships □ Connect with deceased loved ones and receive comfort, guidance, and healing through astral communication □ Unlock creativity and problem-solving abilities by accessing information and perspectives unavailable to ordinary consciousness *Why this book stands out:* □ Ancient Wisdom Meets Modern Science: Combines time-tested spiritual practices with cutting-edge consciousness research and neuroscience □ Complete Progressive System: Takes you from absolute beginner to advanced practitioner through 12 comprehensive skill-building chapters □ Safety-First Approach: Addresses every common fear and provides bulletproof protocols for secure, controlled experiences *Don't spend another lifetime trapped in the illusion that consciousness ends at your skin! With proper guidance, astral projection isn't a mysterious paranormal phenomenon—it's a natural human ability that anyone can develop with the right techniques and patient practice. Thousands of practitioners worldwide are already using these sacred methods to explore infinite dimensions and access profound wisdom every night. Your journey beyond physical limitations starts now! Order your copy today and begin your transformation into a conscious explorer of multidimensional reality!*

consciousness expansion book: Telekinesis for Beginners Harry Eilenstein, 2021-05-09

Telekinesis, the non-physical movement of objects, is at first glance somewhat more unusual than telepathy. However, it is definitely a part of everyday life, even if it is not immediately recognized as such everywhere it occurs. When someone in karate smashes a brick with his hand or someone in distress can suddenly lift a car - what is that? There are also people who fill a room as soon as they enter - how do these people do it so that you can almost physically feel it? Fortunately, there is a simple experiment with which one can directly prove telekinesis in the sense of moving without touching, as well as a multitude of playful experiments with which one can then further explore and practice telekinesis. Finally, a simple model can be derived from the observations that describes the phenomena and makes practicing telekinesis much easier.

consciousness expansion book: *Managing Stress: Principles and Strategies for Health and Well-Being* - BOOK ALONE Brian Seaward, 2009 Referred to as the "authority on stress management" by students and professionals, *Managing Stress*, Sixth Edition, contains the most comprehensive approach honoring the integration, balance and harmony of mind, body, spirit and emotions. The holistic approach taken by internationally acclaimed lecturer and author Brian Luke Seaward gently guides the reader to greater levels of mental, emotional, physical, and spiritual well-being by emphasizing the importance of mind-body-spirit unity. Every NEW text includes a Relaxation CD and a note-taking guide at no additional cost to your students!

consciousness expansion book: *The Secrets of Cosmic Energy Portals [Nakshatras]* Vashisht Vaid, 2012-07-27 In this Infinite Brahmanda [Universe], there exists certain Cosmic Energy Portals known as the Nakshatra's, which as the vortex of energies emanate from them the cosmic energy radiations, which come into manifestation due to the occurring of cosmic consciousness expansion also known as the transmutations of the huge cosmic entities, whose manifested bodies are the great Solar Systems existing both in Nebulae as well as in the Dense formations,

consciousness expansion book: *Reader's Guide to Literature in English* Mark Hawkins-Dady, 2012-12-06 *Reader's Guide Literature in English* provides expert guidance to, and critical analysis of, the vast number of books available within the subject of English literature, from Anglo-Saxon times to the current American, British and Commonwealth scene. It is designed to help students, teachers and librarians choose the most appropriate books for research and study.

consciousness expansion book: *God Made Marijuana* Santos O. González PhD, 2017-06-09 As the debate rages on over the legality of marijuana use and cultivation, what if the final word on the use and cultivation of marijuana was actually found in the Wordthe Holy Bible? And what if Gods Word actually said that cannabis was not only morally and ethically acceptable, but that it could help you mature spiritually and bring you closer to God? *God Made Marijuana: A Modern Moral-Ethical Argument Supporting the Use, Cultivation, and Legalization of Cannabis* shows you why its okay with God if you smoke, cultivate, or use marijuana. Exploring the role of cannabis in medicine, politics, history, religion, and society, author Santos O. Gonzlez, PhD, provides scriptural evidence that shows that marijuana is good physically, emotionally, and spirituallyand that individuals are not breaking any biblical moral code that prohibits its use for medicinal, recreational, or spiritual purposes. *God Made Marijuana* also describes how the prohibition of marijuana and the war on drugs are politically and culturally constructed aberrations of the truth that have no grounding in Gods moral authority. With justifications that are rooted in the final authorityGod, the Bible, and other sacred textsusers of cannabis or marijuana can continue without guilt. But even more, they can move forward with the knowledge that their use can help them expand their consciousness and grow closer to God.

consciousness expansion book: *Timothy Leary: The Harvard Years* James Penner, 2014-07-21 The first collection of Leary's writings devoted entirely to the research phase of his career, 1960 to 1965 • Presents Leary's early scientific articles and scholarly essays, including those on the Harvard Psilocybin Project, the Concord Prison Project, and the Good Friday Experiment • With an editor's introduction that examines the Harvard Drug Scandal in detail as well as a critical preface for each essay On May 27, 1963, Dr. Timothy Leary and Dr. Richard Alpert were dismissed from Harvard University's Psychology Department--a watershed event marking the moment when psychedelic

drugs were publicly demonized and driven underground. Today, little is known about the period in the early 1960s when LSD and psilocybin were not only legal but also actively researched at universities. Presenting the first collection of Leary's writings devoted entirely to the research phase of his career, 1960 to 1965, this book offers rare articles from Leary's time as a professor in Harvard's Psychology Department, including writings from the Harvard Psilocybin Project, the Concord Prison Project, and the Good Friday Experiment. These essays--coauthored with Richard Alpert, Huston Smith, Ralph Metzner, and other psychedelic research visionaries--explore the nature of creativity and the therapeutic, spiritual, and religious aspects of psilocybin and LSD. Featuring Leary's scientific articles and a rare account of his therapeutic approach, "On Existential Transaction Theory," the book also includes Leary's final essay from his time at Harvard, "The Politics of Consciousness," as well as controversial articles published shortly after his dismissal. With an editor's introduction examining the Harvard Drug Scandal and a critical preface to each essay, this book of seminal early writings by Leary--appearing in unabridged form--shows why he quickly became an articulate spokesperson for consciousness expansion and an iconic figure for the generation that came of age in the 1960s.

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Solution for error: Could not connect to AnyDesk network Additionally, MAKE SURE TO REINSTALL ANYDESK AFTER FIXING THIS IF YOU INSTALLED IT WHILE THEY WERE NOT CORRECT/SYNCD. If you installed while

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Service status - error "anydesk_closed" : r/AnyDesk - Reddit Hey caiocco , if your disconnections consist, please try creating a special exception rule for AnyDesk, in used Anti Virus programs. A "service status" page/outage

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