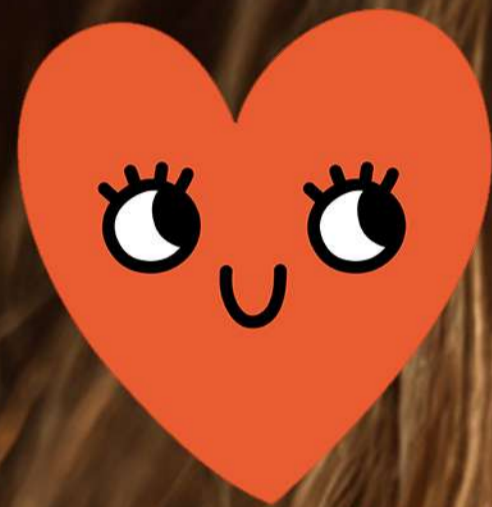
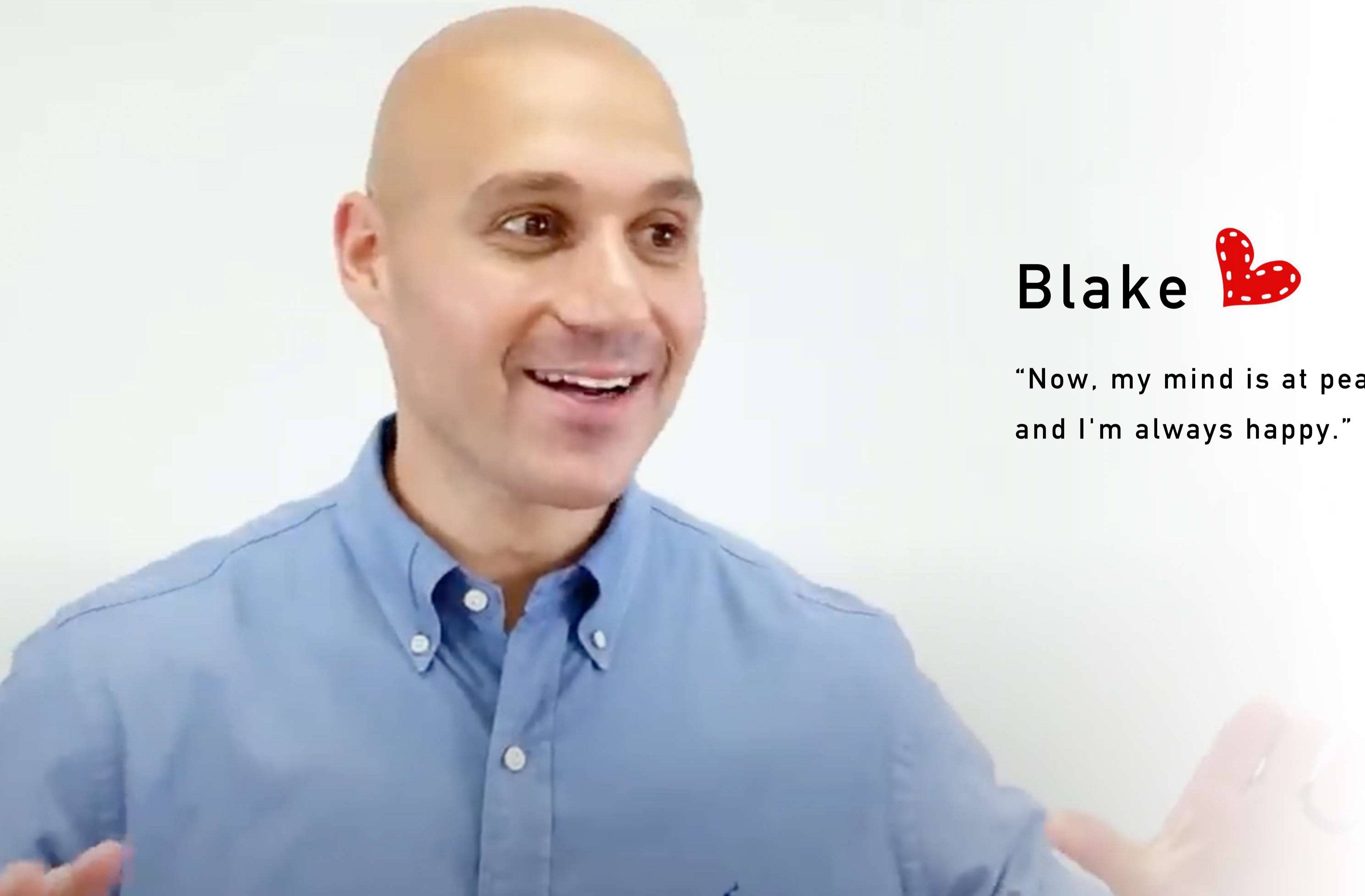


True Self Meditation Reviews



KAIST coursera

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Blake 

“Now, my mind is at peace,
and I’m always happy.”

Maria 

“When this meditation made my mind whole,
I finally discovered the true meaning of life and
the happiness I'd searched for my entire life!”





Azizah 

“Through this meditation,
when I changed myself first
and accepted everything,
true happiness and peace of
mind found me.”

True Self Meditation Reviews



Simon Barber

"After a long corporate career, I questioned life's purpose. Practicing this meditation for over 1 years, I feel privileged to help others find answers and live worry-free."



Alexandra Dreher

"I'm passionate about guiding people to their true selves with this meditation. It helps us find true peace, coexist, and become truly complete."



Neil Clark

"I believe if we transcend ourselves, live for others, and follow the world's natural order, this world could truly become heaven overnight. That's the place we should aim to live."

True Self Meditation Reviews



Michael Lindqvist

"As a lawyer, stress and life's big questions overwhelmed me. Meditation's simplicity cleared my negativity. Now I have inner peace and answers, and guide others to their truth."



Blake Guss

"I always wondered what happens after death. Through meditation, I discovered heaven is within me, bringing profound peace and constant happiness. Finding this answer was so important to me."



Maria K

"I'd always searched for life's true meaning and happiness. Through this meditation, my mind became complete, and I finally found both. My heart always feels good and I am happy."

True Self Meditation Reviews



Junyoung

"I started meditation for success, but realized my obsession was stress. Now, I'm not attached to outcomes, feel at peace, and know happiness comes from within, making me happy now."



Azizah

"Meditation taught me that real change starts with me, not by trying to change others. By accepting everything, my world harmonized, and I've become happier and more productive."



Lauren

"I learned to slow down and appreciate life's small blessings. Gratitude is now a daily practice, enriching every moment with joy."

Coursera Meditation



105,000
people registered

4.6
rating

97%
satisfaction rate

Coursera Meditation: A way to achieve your goals in your life,
Highest-Rated Meditation Program with 100,000+ Transformed Lives

Coursera Meditation Reviews



Ali B

Mar 28, 2025

"The course encompasses beautiful, practical, vibrant, and easy-to-do-by-everyone techniques and notions. I believe this can be a life-changing learning if you put your heart into it and grab the main idea and its rudiments while practicing them in each session. Ease yourselves through this amazing way of freedom!!!"

Ha M

Jan 16, 2025

"It was absolutely amazing. The course provided practical insights and techniques that helped me connect deeply with myself and focus on my goals. I truly appreciate the clarity and wisdom shared by the instructor. Thank you for creating such a transformative experience!"

David L

Dec 20, 2024

"Excelente curso introductorio al Método de Meditación de Sustracción, todo el mundo debería tomarlo desde la escuela básica. Muchas gracias, lo recomiendo."

Ravinder K

Nov 20, 2024

"It helps me for self-reflection, to do meditation discard old bad memories to become happy."

Amin M

Oct 16, 2024

"This course was very inspiring and very helpful because with Meditation you can achieve your goals in your life. I found the course very helpful in teaching me to meditate and learning how to discard things from my mind or letting go of external baggage. Thank you Professor for keeping me engaged in the course and making the material interesting and thoughtful."

Anna Ö

Sep 1, 2024

"It gave me tools to manage my thinking and how to remain calm."

Coursera Meditation Reviews



Rohan A

Apr 30, 2024

"It's an amazing course would recommend it to everyone who wants to attain some peace of mind and some rest by realizing the self."

Александр

Jun 25, 2023

"Perfect! Speaker Dr. Duck Joo Lee offers well-structured information for the duration of course."

Kristi B

May 27, 2023

"Excellent class. Thank you!"

Nuria M A R

Jul 30, 2023

"I am very pleased I did this course. I have enhanced my knowledge and understanding of both my inner self and the people and circumstances around me. I am also very grateful to Professor Duck Joo Lee for sharing his wisdom."

Vahideh A

Jun 12, 2023

"I just want to thank every person who had contributed to present this unique course and specially Dear Dr. Lee. I cannot explain my feelings, I really appreciate your hard work and I am grateful for having the chance to take this course. THANK YOU."

Duygu T

Sep 1, 2024

"This course was very helpful and enjoyable and the professor was great, I wish they open a similar course soon!"

Coursera Meditation Reviews



Md. N M

Mar 21, 2023

"Excellent & it's mandatory for anyone."

Rogulskaya A O

Mar 7, 2023

"THE BEST OF ALL COURSES. TO THE AUTHOR
BRAVO."

TASREEB W

Mar 8, 2023

"I learned how delusion and false pictures in our minds block the reality of our current situation. False world inside us makes it harder to see clearly the present moment. The principle to live happily is to live in the present."

Michelle Yoon Jiamin

Sep 24, 2021

"Firstly, I would like to thank Dr Lee and the team involved in creating this online coursera course. This is a very useful course that helped me to improve myself. Not that I have already attained human completion but the negativity that I felt

before the course has significantly reduced. Now I understand the root of the problem and it is easier to work on it. With that I am so thankful for the wonderful teaching.

Nowadays, I am very grateful and happy, but I would like to continue my self-reflection journey. What are other ways we can apply self-reflection on a daily basis, especially when situations are good and well?

Once again, thank you for sharing this method with us, Dr Lee!

Finding True Self Meditation

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