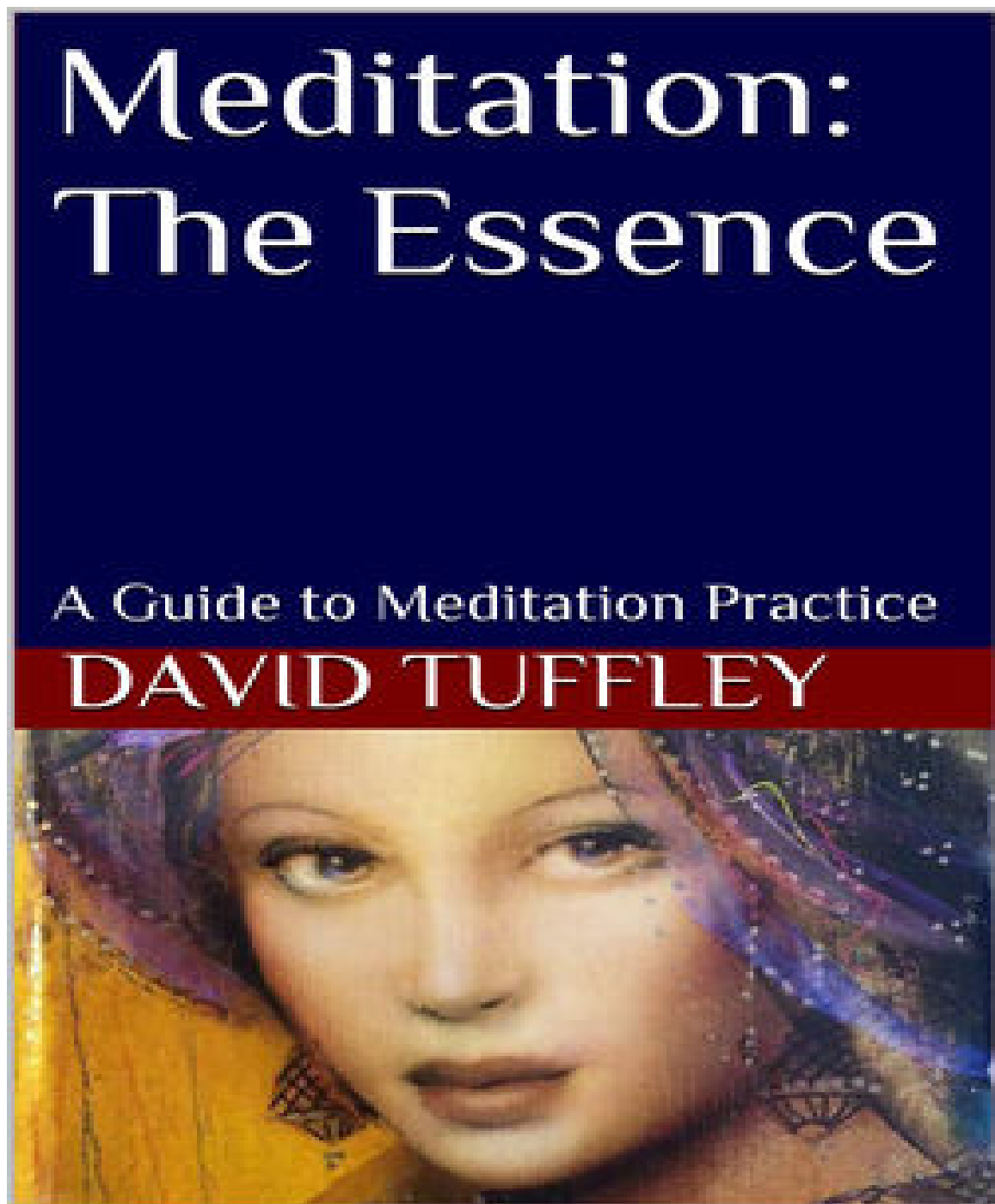


Meditation: The Essence



Forfatter : David Tuffley

Hent Gratis Bøger : Meditation: The Essence (PDF, ePub, Mobi) af David Tuffley

This eBook outlines the distilled essence of meditation practice. It is based on a broad study of the many meditation traditions that have grown up over time in different parts of the world.

Once you know the essential basics, you can adapt the technique to suit your needs. Meditation is something that can be learned in a few minutes, but which can take a lifetime to perfect. The greater the truth, the more simply it can be expressed. Think of Einstein's $E=mc^2$ (the energy contained in an object equals the mass of the object multiplied by the square of the speed of light).

Inner peace by definition comes from within and not derived from an external source, though the right external sources can occasionally trigger the inner experience. Many people in the busy, consumer driven societies of the 21st century have been told to seek fulfilment outside of themselves. Constant messages from the media tell us to define ourselves by owning the latest consumer products. Implicit in those messages is that you will feel unfulfilled unless you have those products and services. Consumerism is not necessarily a bad thing; it has led to a steady improvement in people's quality of life in general. Consumerism is a problem in a person's progress towards enlightenment when one's perspective is limited to the view that consumerism is all there is.

Meditation establishes primary attention on your inner self. You can continue to live in the material world, but that world must be put into its proper perspective as being your secondary reality.

Meditation creates a peaceful inner space within which you can become aware of the more subtle aspects of yourself that have been hitherto obscured by the noise of the outer world. In this space, your Intuition grows stronger, revealing to you a rich stream of subtle knowledge to help you understand yourself and the world you find yourself in. Meditation can therefore lead to great happiness. Plus, it is free and completely natural....

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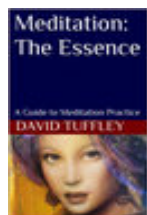
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This eBook outlines the distilled essence of meditation practice. It is based on a broad study of the many meditation traditions that have grown up over time in different parts of the world. Once you know the essential basics, you can adapt the technique to suit your needs. Meditation is something that can be learned in a few minutes, but which can...

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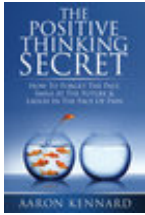
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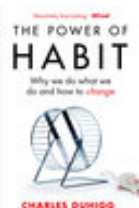
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Den tidligere topatlet og verdensmester i toerkano, Arne Nielsson, ved hvad personlig træning kan gøre for én. Som eliteidrætsudøver må man arbejde målrettet med sig selv. Men det samme bør man gøre som erhvervsmand m/k, partner og forælder. Hvis man vil opnå harmoni i tilværelsen. Kodeordene er begejstring, mental træning og coaching. Arne Nielsson...

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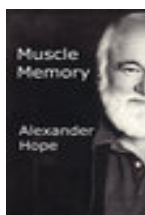
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[PDF | ePub | MOBI] **Kvinde, kend din mand** Forfatter Jakob Olrik



Endelig kommer bogen, hvor en mand tager bladet fra munden og afslører de dybeste hemmeligheder om sig selv og andre mænd. Hvorfor mænd tænker og opfører sig, som de gør. Det her er redskabet til kvinder, der gang på gang bliver frustrerede over deres mands reaktioner og handlinger. Til kvinderne, der i årevis har ledt efter mr. Right, og...

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Da vi udliciterede vores hukommelse til smartphones og computere, holdt de fleste af os op med at huske selv kærester og bedste venners telefonnumre. Det var dumt. For alt tyder på, at vi bliver dårligere til at tænke store tanker, når vi ikke længere kan huske en pind. Journalisterne Troels Donnerborg og Jesper Gaarskjær er taget til VM i hukommelse...

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