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Meditation: A Practical Guidebook (Based on the Teachings of Vedanta, Bhagavad Gita and Yoga Sutras)

By Swami Tatatananda

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2014. Softcover. Book Condition: New. First Edition. To ask, "What is meditation?" is like asking, "What is music?" No simple answer can even hope to convey the breadth and richness of this subject. Meditation is a contemplative art, a mental discipline, and a sacred journey. Meditation is a reflective practice, a tranquil retreat, and a joyous excursion. Meditation is simultaneously an aesthetic pursuit, a scientific investigation, and a spiritual path. You could say that meditation is a rainbow of many hues. But to describe meditation with fancy words and elegant expressions is like trying to describe the flavor of a ripe peach. Meditation, like the peach, must be experienced to be understood. Words can never suffice. Yet words of description and explanation are not useless. Words can tell you how to select the ripest fruit from a bushel of peaches. And words can tell you how to meditate, leading you to develop a powerful, rewarding practice. Printed Pages: 260.



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