



The Origin of Meditation

By Sneh Chakraborty

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2009. Softcover. Book Condition: New. First Edition. Many have printed on paper the dialogue connecting Krishna with Arjuna in the Mahabharata. A great deal was left unarticulated but it unquestionably was understood by Krishnas addressees. Perception of the message of the Bhagavad Geeta is easier said than done. A lecturer and guide are mandatory to unleash its significance for the likes of us. From beginning to end, insightful Sanjaya unfolds where meditation was first introduced eons ago. The Origin of Meditation simplifies and demystifies the process of self discovery by offering a matter of fact guide to spiritual unfoldment through discussion and dialogue. Printed Pages: 426.

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