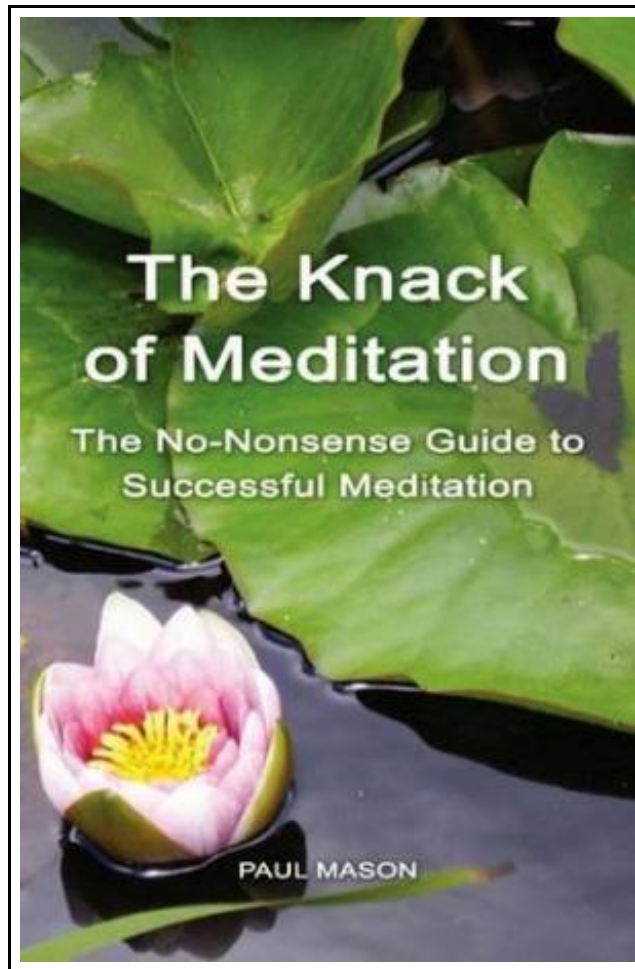


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Premanand, United Kingdom, 2013. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.The Knack of Meditation is an attractive and clearly written practical guide to meditation - easy to read and very informative. The author reveals, in seven simple stages, just how to gain the maximum out of the practice of meditation. The inclusion of a wide selection of interesting quotations from teachings both ancient and modern makes The Knack of Meditation of interest even to the most experienced of meditators. The quotations demonstrate that the different schools of meditation and different religions have much more in common than is usually understood, for at the heart of all these teachings lies guidance on the knack of meditation. Amongst the many quotations contained in this book can be found ancient meditation instructions, and the earliest known definition of the word yoga , reproduced in the original script. This book, The Knack of Meditation: The No-Nonsense Guide to Successful Meditation , offers a distillation of useful information about meditation, making available knowledge for both beginner and specialist reader, between the covers of an inexpensive book. In 1970 author Paul Mason hitch-hiked to India via North Africa where he was formally introduced to meditation, a practice he realizes he was already practicing from time-to-time. Thereon he set himself to practice meditation regularly and to discover more about it, and has returned to India several times, usually to the yoga capital of Rishikesh. He is a writer of some experience is known for being the author of The Maharishi: The Man that gave Transcendental Meditation to the World , and a three-volume set of translations entitled Life Teachings of Swami Brahmananda Saraswati Shankaracharya of Jyotirmath (1941-1953) . The author s understanding of meditation is...



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