



Beginners Guide to Meditation

By Lois Hewitt

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Meditation and yoga are the most ancient part of the science of living. Among their many other benefits they are timeless answers to the age-old problems of stress whose increasingly all pervasive nature, duration and intensity are affecting the health and happiness of more and more people. Even apart from its spiritual dimension, meditation has been shown to be able to play part in relieving a host of mind-made illnesses, from anxiety to heart disease. By giving this brief but clear introduction to a broad range of meditative techniques, which can help people to find the path most suitable for them, Lois Hewitt has encouraged many people to take an interest in meditation, and make it part of a health-promoting lifestyle. But if its popularity is recent, meditation itself is not. It has been practised for thousands of years by mystics as a way to increased spiritual awareness, leading eventually to the direct experience of God or ultimate reality. Meditation is found in one form or another in almost all religions, including Christianity, although its...



READ ONLINE
[5.13 MB]

Reviews

An extremely amazing book with lucid and perfect reasons. It is actually written in easy words and phrases and never confusing. Your life period will likely be transformed the instant you fully look over this ebook.

-- **Tracy Keeling**

This publication can be worth a read through, and far better than other. It normally will not charge too much. Your life period will likely be enhanced as soon as you comprehensively read this article pdf.

-- **Joyce Boyle**