

Meditation Tips n Techniques Simple Meditation Methods, Guides Aids



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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.

(Prof. Maya Hand)

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 148 pages. Dimensions: 8.0in. x 5.2in. x 0.4in. NOTE: If you read and like this book please post a review below. Customer reviews are effective and very much appreciated. Thank You. This practical book draws on the authors 40 years of dedicated practice and study in the Vedanta tradition to offer helpful techniques and tips. This is an excellent source of wise counsel from someone who knows the path intimately himself. Stephan Bodian, Author, Meditation for Dummies This book was written for all who are drawn to meditation and especially for those who have met with difficulty maintaining their practice. Its purpose is to provide support, encouragement, and inspiration for all who have embarked on the wonderful journey of meditation, and for all who are considering doing so. A variety of simple meditation techniques are offered to help both novices and adepts move through obstacles and enhance their practice. Several areas of this book also address the questions of why we might want to meditate, what are the benefits beyond stress-relief and good health, and what might we expect at various stages of our practice The underlying philosophy of meditation is also explored and explained in simple, clear terms. Many people are attracted to meditation and embrace it with enthusiasm, only to find that at some point they have become disenchanted and unable to maintain their practice. Even in spiritual communities where meditation is a core part of the practice and teachings, many silently lament their struggle to integrate meditation into their daily lives. This happens to sincere and dedicated aspirants as well as casual participants. Often, people not only do not know how to remedy this challenge, they are not even aware of the cause....



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