

How to meditate - a guide to self-discovery

Aquarian - LEARN TO MEDITATE A PRACTICAL GUIDE TO SELF DISCOVERY AND FULFILLMENT BY DAVID FONTANA



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- How to meditate - a guide to self-discovery
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How to Meditate: A Guide to Self

One day the little guy will be trained to go there with out your help. LeShan, a charismatic teacher, reads as if he is speaking to one listener only, not a sizeable audience.

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Th This was a great no bs starter book on meditation.

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I've been meditating on somewhat of a regular basis for a few years now so when I first came upon the book I was skeptical about if it could give me very much new info on the subject. The procedure is difficult to master but can be attained. His specific programs and exercises provide proven, practical tools for you to begin your journey and explore the many revealing paths of meditation -- This text refers to an out of print or unavailable edition of this title.

9780316880626: How to Meditate: A Guide to Self

I like how he discusses the many different paths one could take for meditation. It would seem these two chapters should go together as they both deal with things that detract from meditative practice, and not with the central chapter wedged between them. There is a long afterword by Edgar N.

How to meditate : a guide to self

A lot of 1970's buzz-speak. This wasn't really a problem though and the author actually warns the reader in the beginning of that chapter that 'you might not care about this subject' and lets you know that 'it's okay to skip to the next chapter without missing anything'. And for weeks that crazy guy is going to run off and go where ever they want.

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