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## Meditation Tips n Techniques Simple Meditation Methods, Guides Aids

By Gordon Burnham

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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...



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