



## Step-by-step Meditation: Gain Focus and Serenity with Simple-to-follow Techniques Shown in More Than 250 Photographs

By Doriel Hall

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Step-by-step Meditation: Gain Focus and Serenity with Simple-to-follow Techniques Shown in More Than 250 Photographs, Doriel Hall, This title helps you gain focus and serenity with simple-to-follow techniques shown in more than 250 photographs. It is the perfect practical guide to inner wisdom - for those with some experience of meditation and those who are just starting out on the spiritual path. It is filled with simple but inspiring ideas for meditation that can be readily adapted to personal needs. It reveals techniques to help you live in the moment, love your life, and open yourself up freely to the people around you. It explains concepts such as visualization in a clear yet creative way. Beautifully photographed step-by-step sequences include breathing practices and specially devised exercises for preparing the mind and body. Although meditation intrigues increasing numbers of people, it is still seen as esoteric. This book provides an accessible overview of meditative practices used the world over. Many classic meditative ideas are explained, from the energy zones known as chakras to the power of chanting, but the author has used a very personal angle, based on the teachings of an ancient...



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