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Meditation techniques have also been used by Western theories of counseling and psychotherapy. Relaxation training works toward achieving mental and muscle relaxation to reduce daily stresses. Sahaja (mental silence) meditators scored above control group for emotional well-being and mental health measures on SF-36 ratings.

### **Meditation - Wikipedia**

Meditation and Its Methods According to Swami Vivekananda [Swami Vivekananda, edited by Swami Chetanananda, foreword by Christopher Isherwood] on Amazon.com. \*FREE\* shipping on qualifying offers. This is a collection of the writings and talks of Swami Vivekananda on the theory and practice of meditation. It is more of an introductory book with plenty of inspiration passages to get one started.

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nary concentration: meditation is the result of the focusing of consciousness on its true source or centre. The Tantras speak of different centres of consciousness but the Upanisads point to the spiritual heart as the true centre of one's consciousness. Though the beginner can to some extent hold the mind in the region of

### **Concentration & Meditation**

Meditation and its methods according to Swami Vivekananda by Swami Chetanananda, Vivekananda, 1976, Vedanta Press edition, in English - 1st ed.

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Sandarshananda, Swami (2013). "Meditation: Its Influence on the Mind of the Future". Swami Vivekananda: New Perspectives An Anthology on Swami Vivekananda. Ramakrishna Mission Institute of Culture. ISBN 978-93-81325-23-0. Vivekananda, Swami (1976). Meditation and Its Methods According to Swami Vivekananda. Vedanta Press. ISBN 978-0-87481-030-1.

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