How to Meditate and Find Peace of Mind: Learn How to Explore Your Consciousness Drawing Upon Traditional Meditation Philosophy and Practice, and Using State-Of-The-Art Tools and Techniques from Nlp and Hypnotism.

By MR Abby Eagle

Createspace, United States, 2015. Paperback. Book Condition: New. 234 x 156 mm. Language: English . Brand New Book ***** Print on Demand *****.This book will give you a thorough grounding in how to meditate. You will learn how to witness; how to watch the breath; how to run an awareness continuum; how to silence the internal dialogue and enter no mind states, and how to release a negative emotion. The information is carefully sequenced to make it easy for a beginner to grasp the concepts. It also contains state of the art procedures for exploring consciousness. My intention in creating this publication has been to transform age old spiritual practises, including the more recent body of knowledge from the fields of hypnosis and NLP, to create new procedures, applications, aesthetics, insights and understandings. The reader is encouraged to use this publication to make their own personal discoveries, based upon existential experience rather than knowledge. The Vastness Meditation gives a means to explore consciousness. One evening I tried reaching into the space around me with my physical body but it did not feel right. Obviously because the physical body is designed to explore physical space. I then explored the space with...

Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.
-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.
-- Lacy Goldner