



Meditation: Bringing the deep wisdom of the heart into your daily Life

By Eknath Easwaran

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. The principle of meditation is simple: You are what you think. By meditating on words that embody your highest ideals, you drive them deep into your consciousness. There they take root and begin to create wonderful changes in your life changes you have wanted to make, but have not known how to bring about. This book is a complete guide to a program of meditation that fits naturally into your life even complementing an active religious practice. Eknath Easwaran taught meditation and its application to daily life for more than 30 years. Printed Pages: 256.



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