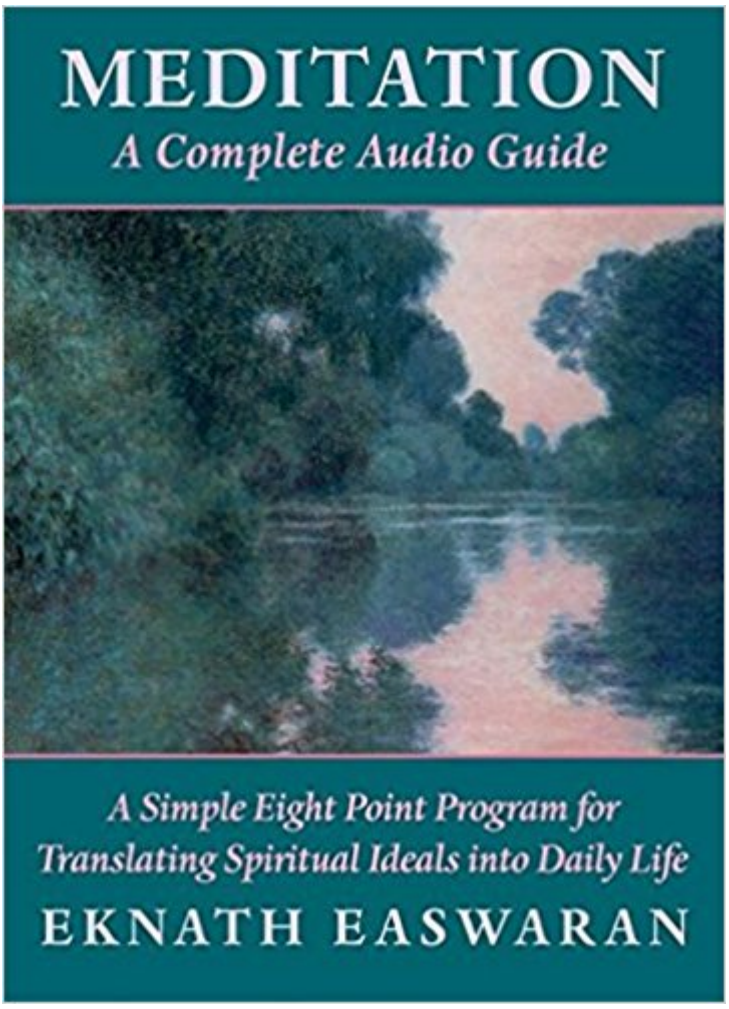
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Meditation: A Complete Audio Guide: A Simple Eight Point Program For Translating Spiritual Ideals Into Daily Life



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Synopsis

Eknath Easwaran discovered that meditating on words from the mystics and spiritual traditions of the world drives them deep into one’s consciousness, where they take root and create positive life change.These talks show how to transform think and acting to harness natural capabilities for kindness, joy, and wisdom. They offer step-by-step instructions on every aspect of meditation, and explain how to use these time-tested tools to support meditation and bring oneÃ¢â ¬â„¢s highest principals into daily life.

Book Information

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Customer Reviews

This book was my first introduction to mediation and it changed my life for the better. Great for anyone with a spiritual belief (any belief/ religion - it has something for everyone). Possibly not the best for someone who has no spiritual leanings though and due to the commitment required, may not be suitable for people learning meditation who have very young families. A really great read even if you don’t use the meditation tools.

Awesome and simple way to go back to the mediation practice.

This is the best book I have read on meditating and believe me I have read a lot of them. After reading it I bought copies for my kids. And I have been meditating almost daily since finishing.

But then I am a Yoga Instructor....

Highly recommended - a wonderful product - written in a sensitive and non-religous manner.Got me calmed down and reduced my blood preesure substantially!

I would highly recommend this book to anybody interested in beginning/continuing/mastering the practice of meditation. Both educational and entertaining.

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