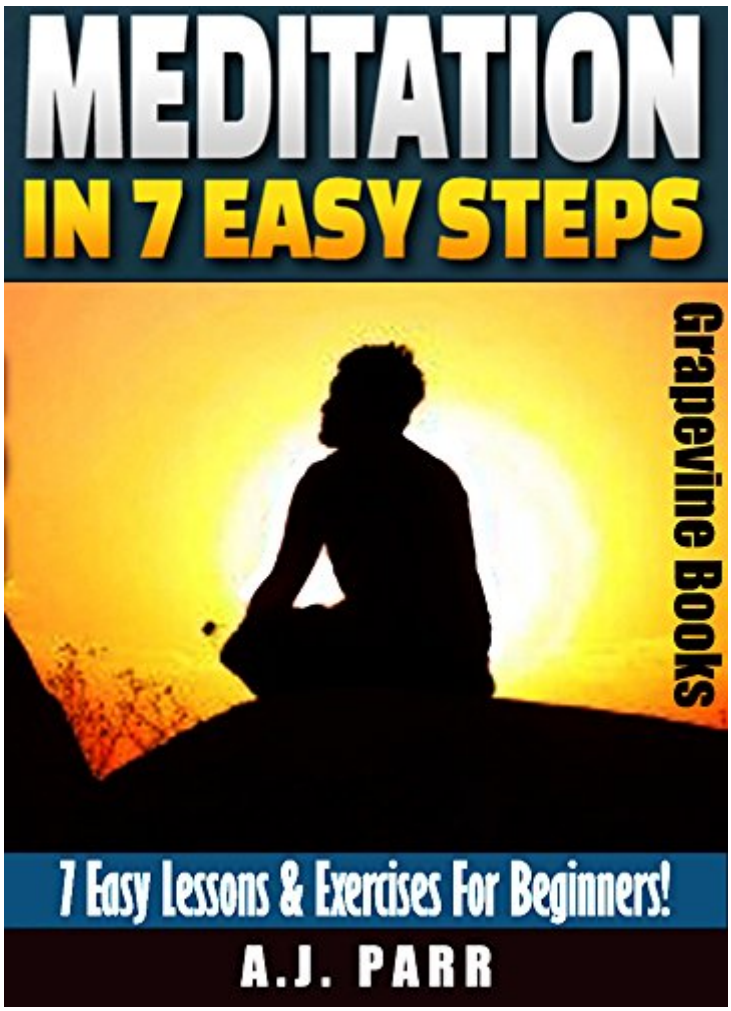
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Synopsis

MEDITATION IN 7 EASY STEPS contains the seven basic lessons and exercises you need to learn the basics of this spiritual practice today and start experiencing a more joyful and peaceful life. Its pages are the product of four decades of the authorÃ¢â ¬â„¢s meditation practice and Comparative Religion research, based on the ancient holistic principle that Ã¢â ¬Å“in essence there is and always has been only one spiritual teaching, although it comes in many formsÃ¢â ¬Â•, as expressed by the German-Canadian spiritual teacher Eckhard Tolle, author of the best-selling book Ã¢â ¬Å“The Power of NowÃ¢â ¬Â•, evidenced by the teachings of Dalai Lama, Krishnamurti, Swami Vivekananda, Ramana Maharshi, Swami Sivananda, and Maharishi Mahesh Yogi, among other spiritual leaders.ThereÃ Â´s no need to change your present beliefs or religion to practice meditation. This transcendental teaching is open to people of all creeds interested in learning a quick way of experiencing inner peace and discovering the joy of living.Hundreds of research studies evidence the physical and psychological benefits of meditation practice, published in numerous scientific journals and conducted at prestigious universities and research centers like the Harvard Medical School, Yale Medical School, UCLA Medical School, Stanford Medical School, and Medical College of Georgia. ItÃ¢â ¬â„¢s never too late to learn mediation!WHAT THIS BOOK CAN SHOW YOU:*Why the chattering mind is often compared with a wild animal.*How our mind creates our own suffering, grief, anger, worries and desolation.*What Ã¢â ¬Å“mantra meditationÃ¢â ¬Â• and how to use a mantra to easily train your mind. *The basic benefits and steps of meditation practice.*How to face our thoughts during meditation.*How to recognize the illusory nature of our Ã¢â ¬Å“false selfÃ¢â ¬Â• during meditation.*How to meet our Ã¢â ¬Å“true SelfÃ¢â ¬Â• during meditation.*How to face stressful situations, avoid excessive worries and keep a clear mind whenever times go wrong.*How to experience fulfilling inner stillness and peace of mind.*And more!GET THIS BOOK AND CHECK OUT THE REST OF THE SERIES!VOLUME 1Living in "The Now" in Easy Steps https://www..com/dp/B00J57TQZOVOLUME 2Buddhist Meditation For Beginnershttps://www..com/dp/B00JE54A8KVOLUME 3Eckhart Tolle and Hinduism: Tales of Lighthttps://www..com/dp/B00JJZLCBIVOLUME 4Christian Meditation in Easy Steps https://www..com/dp/B00KLHUG7YVOLUME 5Meditation in 7 Easy Stepshttps://www..com/dp/B01L9DRF9UVOLUME 6Stop Negative Thinking in 7 Easy Steps https://www..com/dp/B00MVLI6JI

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Customer Reviews

I was familiar with some of these ideas through reading Eckart Tolle, but this is a short version of how to quiet your mind. You can learn it very easily from this book. I recommend it to people who have busy minds and want to understand how to get quiet.

I really am happy that I ran across this BOOK as reinforces beliefs that I had forgotten about. A Must READ! I had previously tried to learn meditation, but really never took the time to remember how to this!I would that everyone would take the time to learn this!

Good basic overview of meditation and some helpful exercises. No brainer for the cost

Really helps you with meditation. A really good read if you are into meditation

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