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Safe Simple Steps To Fruitful Meditation

By Dr. N. K. Srinivasan

No binding. Condition: New. 80 pages. Meditation has been widely accepted as a tested method to reduce mental tensions and achieve inner peace and tranquillity, leading to spiritual growth. In this book, various techniques are presented in an easy step-by-step manner, starting with simple techniques that can be practised for just a few minutes. The benefits have been clearly described to enable the practitioner track his or her progress. The best traditions of meditation in India are presented so that modern folk with limited background of yoga and Indian philosophy can follow the steps. Anyone can learn these techniques without a personal instructor. A detailed chapter on Chakras and Kundalini Yoga helps the serious meditators. The Buddhist meditation, widely used in the West and meant for awakening inner joy, is described in a separate chapter. Creative visualisation a meditational technique to achieve practical goals in business life is also described. The book dispels common doubts about the efficacy of meditation and guides and motivates the reader towards the best meditation practices. Highlights: Healing through meditation The numerous forms of meditation The awesome power of mantras The immense benefits of Pranayama Physical, mental and psychosomatic benefits Auras and chakra meditation The benefits of Kundalini awakening About the author: Dr...



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Reviews

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It in one of the best book. Better then never, though i am quite late in start reading this one. You wont feel monotony at at any moment of the time (that's what catalogues are for regarding in the event you check with me).

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