



Exploring Meditation: Master the Ancient Art of Relaxation and Enlightenment

By Susan G. Shumsky

Career Press, United States, 2005. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This spiritual self-help book offers easy, step-by-step ways to master the ancient arts of meditation and enlightenment. It offers practical techniques to increase love, power and energy, reduce stress and tension, improve health, reverse aging, and bring well-being, contentment, and peace of mind to everyday life. This book does not assume any prior experience in inner exploration. It demystifies abstract concepts and provides a road map to the inner life, leading beginners safely through the maze of the spiritual path, pointing out signposts and pitfalls along the way. Its field-proven methods have been tested and verified by thousands of students from all backgrounds, who have experienced significant benefits. A new, systematic approach helps novices working on spiritual development begin to understand the basics, as well as providing surprising information that even experts are not aware of. Readers will come away with even a greater understanding than many seemingly street-wise metaphysicians.



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