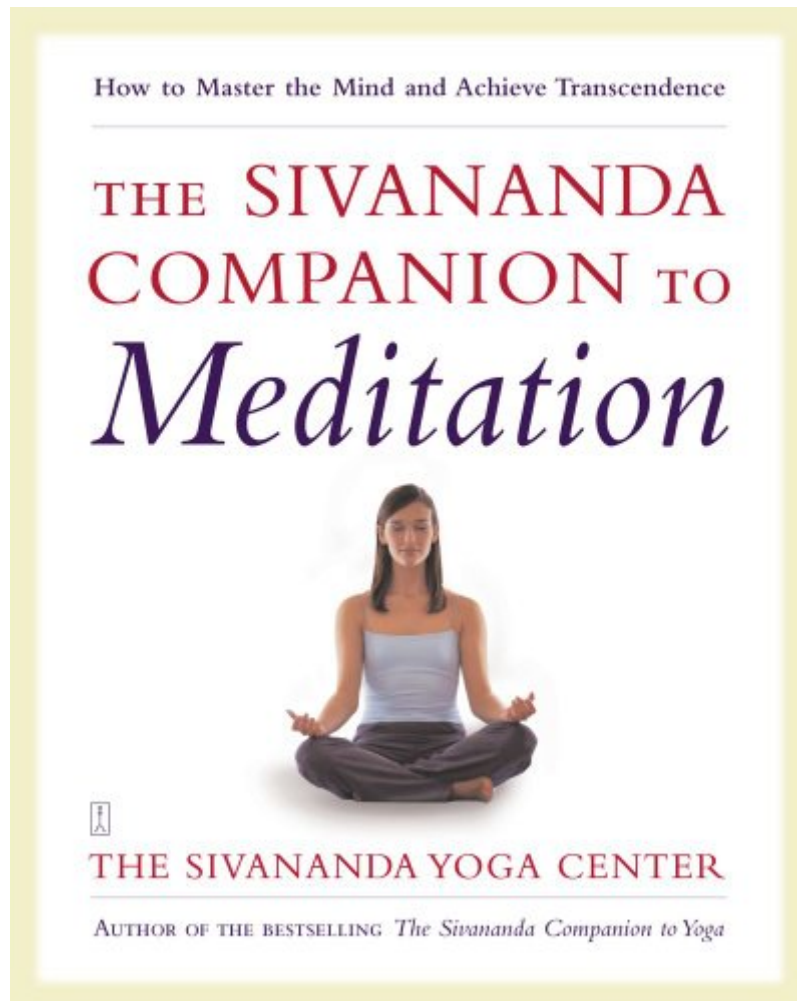


The book was found

The Sivananda Companion To Meditation: How To Master The Mind And Achieve Transcendence



Synopsis

Realize the Power and Eternity of Every Moment" Meditation is a continuous flow of perception or thought like the flow of water in a river." SWAMI VISHNU-DEVANANDA An integral part of all forms of yoga, meditation is an important key to achieving peace of mind in our increasingly chaotic lives, with regular practice enhancing mental, physical, and spiritual well-being. The Sivananda Companion to Meditation outlines a simple step-by-step guide to the practice of meditation and shows you how to make it a part of your everyday routine. You will learn about the beneficial effects of meditation, including how this powerful art will help you to

- Reduce stress and experience greater clarity of mind
- Treat health problems, ranging from depression and anxiety to insomnia and chronic pain
- Develop your powers of concentration and positive thinking
- Lead a more balanced life in tune with the fivefold path as taught by the Sivananda Yoga Vedanta Center

The Sivananda Companion to Meditation is geared to beginners as well as those already experienced in the art of meditation. Regardless of your level, this book will help you to attain a state of profound clarity and serenity that will change your life.

Book Information

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Customer Reviews

This is much more than a handbook for beginning meditators. I've read many other books on meditation, but this is by far the best, clearest, and most comprehensive both theoretically and practically. It is organized so that the basic techniques are explained early on, so that even inexperienced persons can begin meditating properly immediately while reading more concerning theory and philosophy. This book truly covers everything one needs to know to establish a steady and rewarding meditation habit.

Took a chance on this item, as not many folks in the boonies are into this practice. Found it easy to read, i.e. well organized, and intelligently presented. It provided directions, methods and techniques on these arcane subjects that I found extremely helpful. I definitely recommend it as a starter. The Yoga-Sutra of Patanjali: A New Translation with Commentary (Shambhala Classics)

A great guide for those interested in meditation for both those new to meditation and the experienced. Hope it gets another printing since it is pretty expensive to buy a paperback copy. Kindle version is reasonably priced.

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Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting Happiness
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)
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