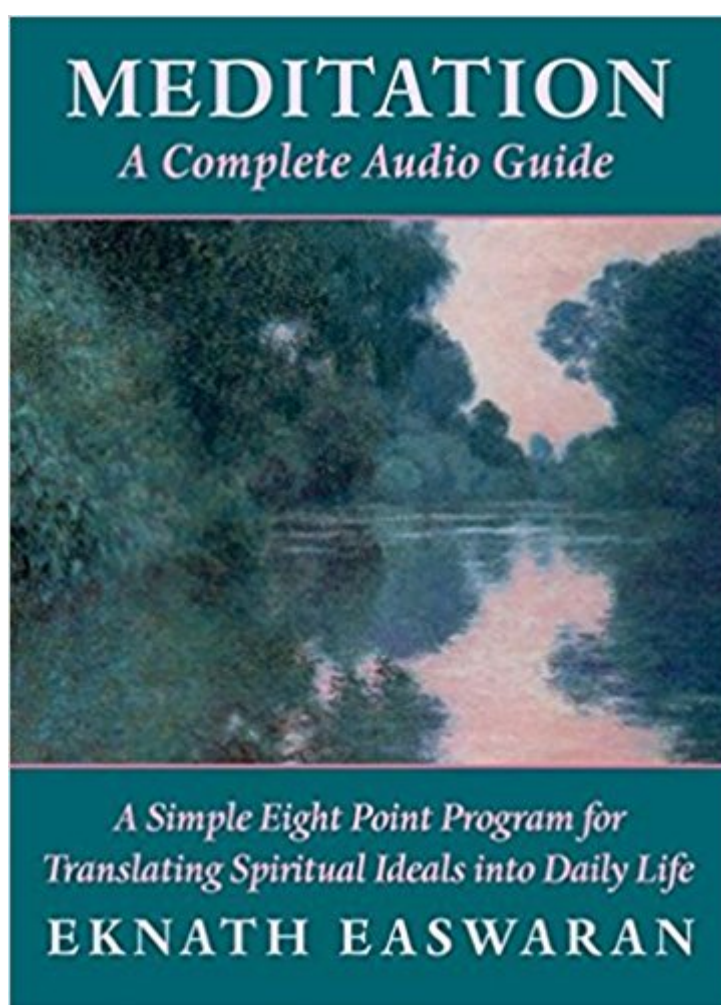


The book was found

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



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 one's highest principals into daily life.

Book Information

Audio CD

Publisher: Nilgiri Press; Unabridged edition (August 25, 2004)

Language: English

ISBN-10: 1586386360

ISBN-13: 978-1586386368

Product Dimensions: 5.2 x 0.6 x 7.5 inches

Shipping Weight: 3.5 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 6 customer reviews

Best Sellers Rank: #845,750 in Books (See Top 100 in Books) #192 in [Books > Books on CD](#)
> [Health, Mind & Body > Meditation](#) #198 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #792 in [Books > Books on CD > Health, Mind & Body > Self Help](#)

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-religious manner. Got me calmed down and reduced my blood pressure substantially!

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

[Download to continue reading...](#)

Meditation: A Complete Audio Guide: A Simple Eight Point Program for Translating Spiritual Ideals into Daily Life Christmas Ideals 2017 (Ideals Christmas) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth 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) Daily Routine: Amazing Morning Routine for Being More Happy, Productive and Healthy (Daily Routine, Daily Rituals, Daily Routine Makeover, Productivity Book 1) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People (Yoga for Busy People) Motor Control: Translating Research into Clinical Practice Practical Pricing: Translating Pricing Theory into Sustainable Profit Improvement The Balanced Scorecard: Translating Strategy into Action Human Rights and Gender Violence: Translating International Law into Local Justice (Chicago Series in Law and Society) The Environmental Case; Translating Values Into Policy Cognitive Rehabilitation Manual: Translating Evidence-Based Recommendations into Practice (Volume 1) The Dark Side: The Inside Story of How the War on Terror Turned Into a War on American Ideals BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) Eight Simple Concepts to Improve Your Motion Offense (Building a

Winning Basketball Program Series Book 9)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)