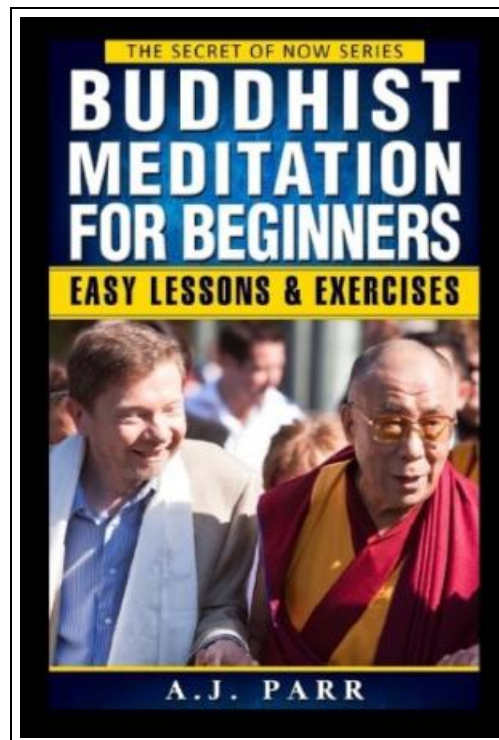


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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. BUDDHIST MEDITATION FOR BEGINNERS IN 7 EASY STEPS THE LESSONS AND EXERCISES contained in this introductory book will help you understand Buddha s essential teachings (the Dharma, Way or Path), including the basics of Buddhist meditation practice. Apart from quoting ancient Buddhist scriptures, its pages include priceless advice from Dalai Lama, Eckhart Tolle, Krishnamurti and Alan Watts, among other renowned spiritual teachers. Although the ultimate goal of Buddhist meditation practice is attaining a state of spiritual Awakening or Enlightenment, it must be said that hardly anyone achieves this -except perhaps dedicated monks and advanced practitioners. In spite of this, there are many benefits attributed to regular meditation practice, as a recent Mayo Clinic report states: Meditation can wipe away the day s stress, bringing with it inner peace. If stress has you anxious, tense and worried, consider trying meditation. Spending even a few minutes in meditation can restore your calm and inner peace. Meditation can give you a sense of calm, peace and balance that benefits both your emotional well-being and your overall health. And these benefits don t end when your meditation session ends. Meditation can help carry you more calmly through your day and may improve certain medical conditions. It is truly a book recommended for everyone interested in finding the Truth, escaping from Illusion and experiencing inner peace in the Now! START MEDITATING TODAY AND CHECK OUT THE REST OF THE SERIES! VOLUME 1 Living in The Now in Easy Steps // VOLUME 2 Buddhist Meditation For Beginners // VOLUME 3 Eckhart Tolle and Hinduism: Tales of Light // VOLUME 4 Christian Meditation in Easy Steps // VOLUME 5 Meditation in 7 Easy Steps // VOLUME 6 Stop...

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