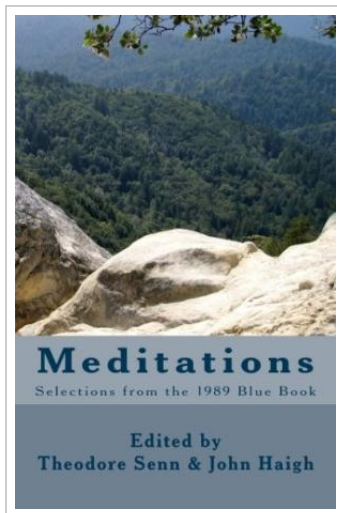




Meditations: Selections from the 1989 Blue Book (Paperback)

By Theodore Senn

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I have many times been asked for an explanation of the Aiglon Meditation, why we have them and how we conduct them, both by those called to lead them, and by others interested in the idea. The following, therefore, is a brief explanation which I hope may be helpful to those interested. The Meditation takes the place of morning prayers or morning assembly in other schools. It has been practised at Aiglon since the school's foundation in 1949. I regard it as the centre of the life of the school, and the point from which its whole character and sense of purpose stems. Members of the staff are therefore required to attend at least twice a week, and many attend every day if they can. All the boys and girls, regardless of creed, are required to attend. At the beginning of each scholastic year I give an explanation of the nature and purpose of the Meditation and go through the drill of physical and mental relaxation and of placing the mind in an attitude of quietness and contemplation....



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Reviews

It becomes an awesome publication that I actually have actually read. It really is written in simple terms and not difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Talia Cormier**

Totally among the best publication I actually have actually go through. It can be filled with wisdom and knowledge. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Glen Ernsler**