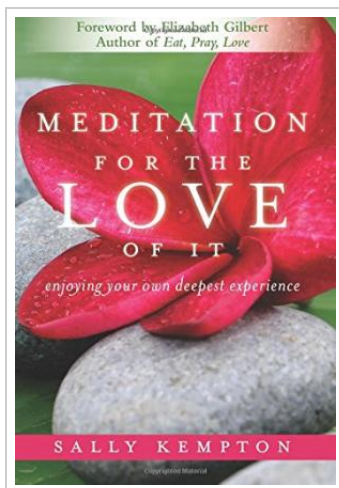




Meditation for the Love of it: Enjoying Your Own Deepest Experience (Hardback)

By Sally Kempton

SOUNDS TRUE INC, United States, 2011. Hardback. Condition: New. Language: English . Brand New Book. Drawing on her 40 years as a teacher and a fellow meditator, Sally teaches us how we can connect to our inner longings and creative `shakti` energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion `two key attitudes in sustaining a daily practice` she shares indispensable guidance for this voyage of self-discovery, including: - How to tune in to your own `meditation channel`, `a bandwidth of tranquility, energy, and joy; - Why you don't need a quiet mind to meditate; - How the force known as Kundalini can fuel your practice; - Connecting to your ever-present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forth; - Ripening your practice beyond technique into the `sweet mysterious expanse of spontaneous meditation`; - More than 20 practices for bringing the peace and insight of meditation into your daily life. `Remember: what you seek in meditation is your own Beloved, your own inner intelligence, your own Awareness, and your own Truth,` teaches Sally. Meditation for the Love of It points us...



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Reviews

It is fantastic and great. This is for those who statte there was not a worth looking at. Its been written in an exceptionally easy way which is only soon after i finished reading this ebook through which in fact changed me, change the way i really believe.

-- **Barry O'Reilly**

Comprehensive guideline! Its such a good read through. It is actually writter in basic words and not confusing. I am just easily could possibly get a enjoyment of reading a composed book.

-- **Lonzo Wilderman**