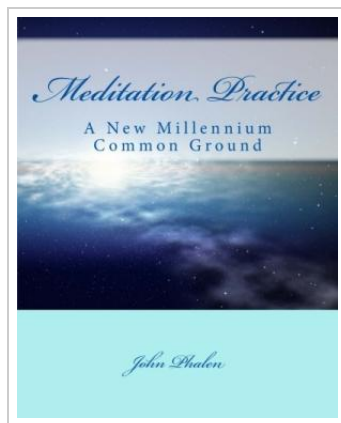




Meditation Practice: A New Millennium Common Ground

By Dr John R Phalen

Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****.Meditation Practice combines the meditation methods found in the great spiritual traditions of the world into a meditation process. Beginning with recollective centering, the process moves to refined diary writing with insights taken to a writing dialogue A letting go envisioning follows, then a concentrative exercise that opens the way to knowing beyond senses, beyond mind. An exercise provides guidance for the doer mystic and the last exercise is to be used for healing prayer. The practice can be used by individuals or groups. While set in A Christian context, spiritual resources from other traditions can readily be utilized. The practice lends itself to use by persons from diverse spiritual traditions.



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