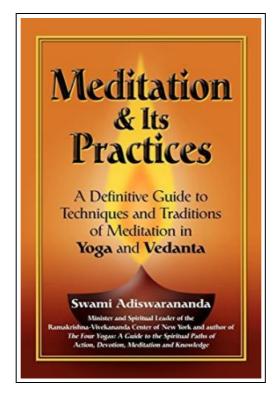
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(Cale Hansen Sr.)

MEDITATION AND ITS PRACTICES: A DEFINITIVE GUIDE TO TECHNIQUES AND TRADITIONS OF MEDITATION IN YOGA AND VEDANTA



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Jewish Lights Publishing, United States, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ****** Print on Demand ******. The complete sourcebook for exploring Hinduism s two most time-honored traditions of meditation. Meditation is a subject of universal interest, practiced by seekers of all traditions on the quest for serenity, peace, and blessedness. Among the many traditions of meditation in Hinduism, Yoga and Vedanta have passed the test of time, proving as vital today as they were throughout the ages in helping seekers overcome the maladies of life and attain the greatest spiritual fulfillment. In one comprehensive volume, Meditation Its Practices illuminates the principles of the Yoga and Vedanta meditation traditions, the meaning of meditation, its goal of Self-Knowledge, the methods by which concentration is developed and the ways of achieving self-control. Defining key concepts in clear terms, this complete guidebook covers every aspect of this ancient spiritual practice, including: Goals and Benefits of MeditationObjects of MeditationMethods of ConcentrationPosture, Physical Condition, Eating Habits and Spiritual ExercisesMystical Experiences and RealizationsObstacles in Meditation and Ways of Overcoming ThemDrawing on both classic and contemporary sources, this comprehensive sourcebook outlines the scientific, psychological, and spiritual elements of Yoga and Vedanta meditation, the results of which lead not to the seeker's dreams and visions but to the transformation of his or her character.

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