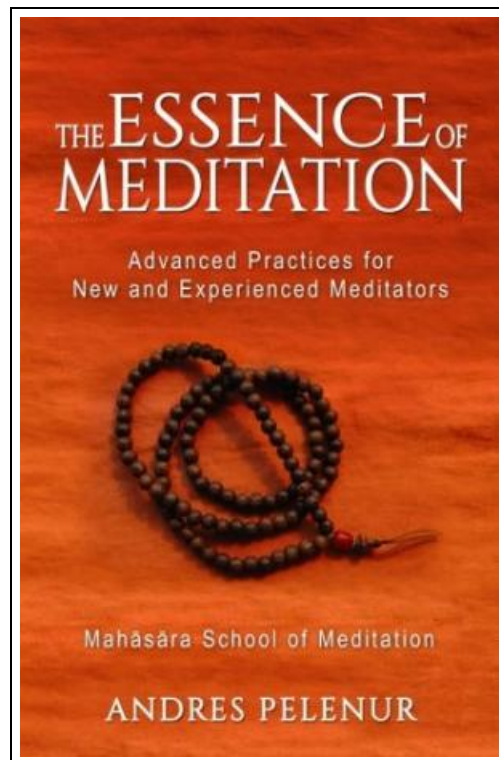


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Mahasara School of Meditation, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Do you feel that your meditation practice is not yielding any significant results? Has the practice of watching thoughts or the breath left you bobbing at the surface of the mind? Have you been told to silence the questioning mind or shun all spiritual experience because the person having them is to be viewed as unreal, leaving you with nowhere to turn? Or have you been told to simply see everything as Consciousness, without experiencing any lasting inner change? In *The Essence of Meditation*, Andres Pelenur addresses these common problems with the wisdom and clarity borne of over twenty years of scriptural study and deep meditative practice. Andres guides the reader through a careful examination of the subtleties of yoga that reaches far beyond the basics. He shares a simple and highly effective approach to meditation that draws generously from both Tantric and Vedantic traditions, unifying their strengths to enable both new and experienced meditators to develop an authentic and lasting awareness of the inner Self. In *The Essence of Meditation*, you will learn: How to set up an effective meditation space; How to establish proper posture, alignment, and breath; How to work with your thoughts in a positive and non-combative way; How to manage physical pains and discomforts while you are meditating; The differences between concentrative and so-called effortless approaches to meditation; The secrets behind the use of a mantra; How to meditate without a mantra; How to employ powerful dharanas (short contemplations) at the start of your meditation session that allow the mind to become profoundly still; The secret behind the power of attention; How to determine what the proper target of meditation should be; The right view (philosophical outlook)...



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