



Meditation Its Practices: A Definitive Guide to Technniques and Traditions of Meditation in Yoga and Vedanta

By Swami Adiswarananda

Skylight Paths Publishing. Paperback. Condition: New. 480 pages. Dimensions: 8.9in. x 6.0in. x 1.3in. Techniques explained by the masters for today's spiritual seeker. Meditation is designed to give you direct access to the spiritual. Whether it's through deep breathing during a busy day, listening to the quiet after turning off the car radio, chanting in prayer, or ten minutes of visualization exercises each morning, meditation takes many forms. But it is always a personal method of centering our spiritual self. Meditation has long been practiced in the Jewish community as a powerful tool to transcend words, personality, and ego and to directly experience the divine. Inspiring yet practical, this introduction to meditation from a Jewish perspective approaches it in a new and illuminating way. As it is personally practiced by today's most experienced Jewish meditators from around the world. A how-to guide for both beginning and experienced meditators, Meditation from the Heart of Judaism will help you start meditating or help you enhance your practice. Meditation is a Jewish spiritual resource for today that can benefit people of all faiths and backgrounds and help us add spiritual energy to our lives. Contributors include: This item ships from multiple locations. Your book may...



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