



## Inside Meditation: In search of the unchanging nature within (Paperback)

By Alexander Filmer-Lorch

Troubador Publishing, United Kingdom, 2012. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. Inside Meditation - In Search of the Unchanging Nature Within is a contemporary guide to the theory, practice and application of the science of meditation, philosophy and Eastern psychology. Alexander Filmer-Lorch uses Inside Meditation - In Search of the Unchanging Nature Within to demystify the process of meditation. The book explores the history and origins of meditation, looking at the latest scientific aspects of regular meditation practice and its impact on brain function, brain-wave activity and its ability to create permanent changes in brain tissue. It also concentrates on the benefits of meditation practice on stress and adrenaline levels, mood swings, blood pressure, the immune system and overall health. There are more than 45 exercises and techniques explained in the book that cover self-study and meditation practice. Each chapter describes the theory behind the practice and gives clear instruction on how to action the acquired knowledge and how the techniques or exercises are supposed to be applied and executed. All meditation techniques explained in the book can be safely practiced and explored without the guidance of a teacher. Every topic, theme, method and technique...

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