



Metaphysical Meditations: Universal Prayers Affirmations and Visualisations

By Paramahansa Yogananda

Self-Realization Fellowship, U.S., United States, 2004. Paperback. Book Condition: New. New edition. 132 x 81 mm. Language: English . Brand New Book. In this book Paramahansa Yogananda offers prayers and affirmations that beginners and experienced meditators alike can use to awaken the boundless joy, peace, and inner freedom of the soul. Includes introductory instructions on how to meditate. An encouraging guide that teaches us through our own experience how to spiritually enrich our everyday life.



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