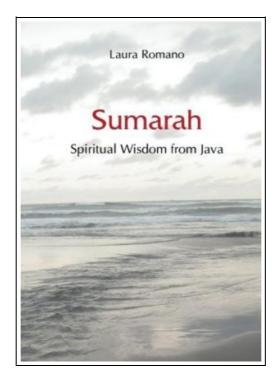
# Sumarah (Paperback)



Filesize: 4.06 MB

# Reviews

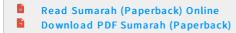
The very best book i actually read through. I have got read through and i am certain that i will likely to read through yet again yet again down the road. I realized this ebook from my dad and i suggested this book to learn.

(Alfreda Barrows)

# SUMARAH (PAPERBACK)



Lulu.com, United Kingdom, 2013. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. Sumarah is a philosophy, a form of meditation, and a way of life originating from Java. It is a path of the heart, of no effort, of no form - a path of surrender. Sumarah guides the practitioner towards deep relaxation of body, feeling, and mind. This is the first step in the process of personal transformation and awakening the inner teacher. In her book, Laura Romano draws on her own extensive personal experience - nourished by the meditation practice that she was introduced to and trained in from her first years in Java - in describing her frequent meetings with the many Javanese masters then still alive. To better illustrate the principles of the Sumarah tradition, she relates stories from her own journey, vividly recreating the relaxed and warm atmosphere of meditation meetings in the homes of various meditation teachers.



## Relevant Kindle Books



#### Stories from East High: Bonjour, Wildcats v. 12

Parragon Book Service Ltd, 2009. Paperback. Book Condition: New. A new, unread, unused book in perfect condition with no missing or damaged pages. Shipped from UK. Orders will be dispatched within 48 hours of receiving...

Read Document »



## 12 Steps That Can Save Your Life: Real-Life Stories from People Who Are Walking the Walk

Conari Press, 2009. Paperback. Book Condition: New. BOOK IS BRAND NEW! DOMESTIC ORDERS WILL SHIP WITH DELIVERY CONFIRMATION! I pull, pack, and ship orders 6 days a week! PLEASE CHECK OUR OTHER ITEMS FOR SALE!...

Read Document »



#### 12 Stories of Christmas

 $Tho mas \ Nelson \ Publishers. \ Hardback. \ Book \ Condition: new. \ BRAND \ NEW, 12 \ Stories \ of Christmas, Robert \ J. \ Morgan, Experience the wonderment of Christmas \ with this endearing collection of original stories. Even though he's got 3.5 million copies...$ 

Read Document v



## Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-...

Read Document »



#### The Stories Mother Nature Told Her Children

 $1st\ World\ Library,\ United\ States,\ 2005.\ Paperback.\ Book\ Condition:\ New.\ 216\ x\ 140\ mm.\ Language:\ English\ .\ Brand\ New\ Book \\ ***** Print\ on\ Demand\ *****. Purchase\ one\ of\ 1st\ World\ Library\ s\ Classic\ Books\ and\ help...$ 

Read Document »