



Easy Meditation Lessons (Paperback)

By William Bodri

Top Shape Publishing, LLC, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Anyone and everyone can meditate. These easy meditation lessons are designed for beginners who want to learn meditation as quickly as possible, and who wish to find the right type of meditation practice that is perfect just for them. These easy how-to lessons will also be extremely useful for those who previously tried to learn meditation but who gave up in frustration because they felt like they were not making any progress at all in learning how to calm their minds. There are several tricks to effective meditation practice. A key principle is to first adjust your body in the right way by taking a few deep breaths with slow exhalations, and then by sitting in a very comfortable position using the correct posture. With your body relaxed, you can then start practicing whatever meditation method you most enjoy. In this book you will learn several different meditation methods you can use for the rest of your life to quickly calm your mind and enter a deep state of mental quiet and tranquility. These are the most common practices used across...

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