



Meditation: A Simple Eight-Point Program for Translating Spiritual Ideals into Daily Life

Ekknath Easwaran

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This is the (second) Out of Print edition. The current edition is the third edition titled "Passage Meditation"

This handbook of meditation practice is a complete guide to a unique approach to tapping inner resources by training concentration on inspirational passages. Meditation and the Eight-Point Program that compliments and supports it can be used by anyone who wants to. Easwaran came to the United States in 1960 on the Fulbright exchange program and established the Blue Mountain Center of Meditation in Northern California in 1961. His 1968 Berkeley class is believed to be the first accredited course in meditation at any Western university. His deep personal experience and his love for his students have made the ancient art of meditation accessible to those who hold jobs and live active lives among friends and family.

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Wayne Martin:

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Mary Summers:

A lot of people always spent their free time to vacation or go to the outside with them friends and family or their friend. Were you aware? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you want to try to find a new activity that is look different you can read a book. It is really fun in your case. If you enjoy the book that you simply read you can spent the whole day to reading a book. The book Meditation: A Simple Eight-Point Program for Translating Spiritual Ideals into Daily Life it is quite good to read. There are a lot of people that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to create this book you can buy the particular e-book. You can m0ore effortlessly to read this book out of your smart phone. The price is not too expensive but this book possesses high quality.

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