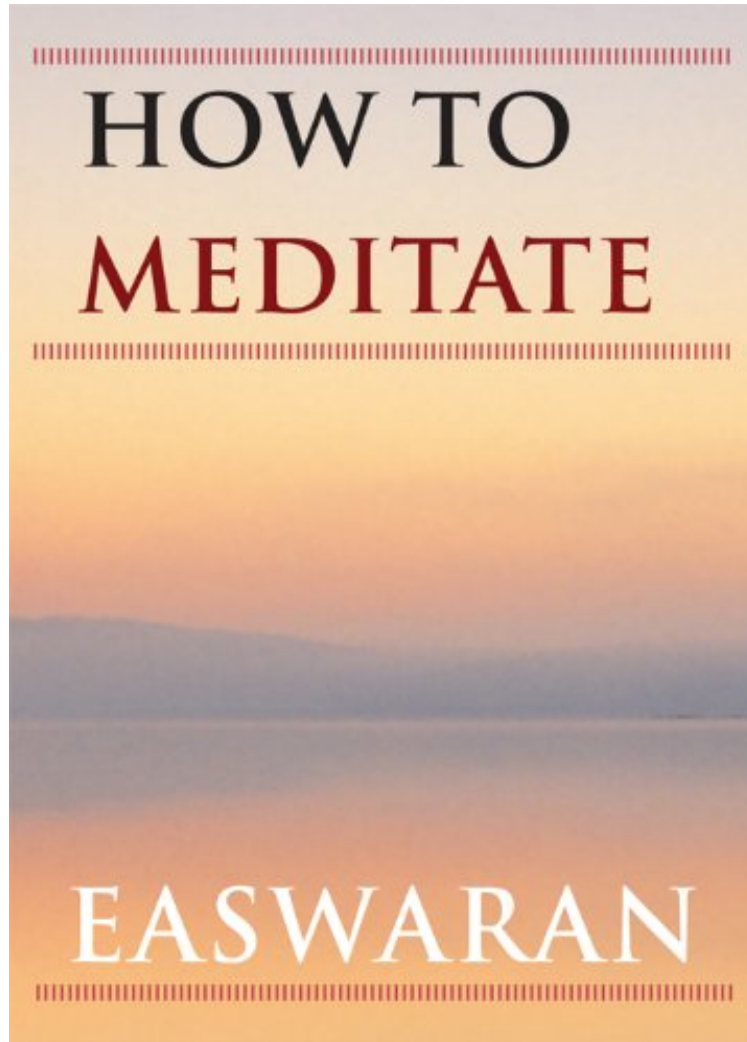


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## How to Meditate (Easwaran Inspirations Book 1) (English Edition)

Von Eknath Easwaran  
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to stay on, but I think that's the best way for inner health. So I recommend it to everybody. His style to explain things are really good, he gives you although the text and prayers you can start. And I promise you, that will change yourself and your life in many ways. Do it, start today!

Kurzbeschreibung Would you like better concentration, more vitality and creativity, more patience and inner strength? Daily meditation can help you develop these qualities. Easwaran taught meditation for over forty years, and his instructions are practical and clear. He shows you how to choose a spiritual text, or passage, from the world's great traditions that embodies your highest ideals. With regular practice, meditation becomes your lifeline, taking you to the source of wisdom deep within and guiding you through all the challenges of daily life. Easwaran is one of the twentieth century's great spiritual teachers and an authentic guide to timeless wisdom. His class at the University of California, Berkeley was the first accredited course on meditation at any Western university. He is the author of the best-selling translation in English of the Bhagavad Gita, India's best-known scripture. This short ebook is the first chapter "Meditation on a Passage" from the book "Passage Meditation A Complete Spiritual Practice" by Eknath Easwaran.

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