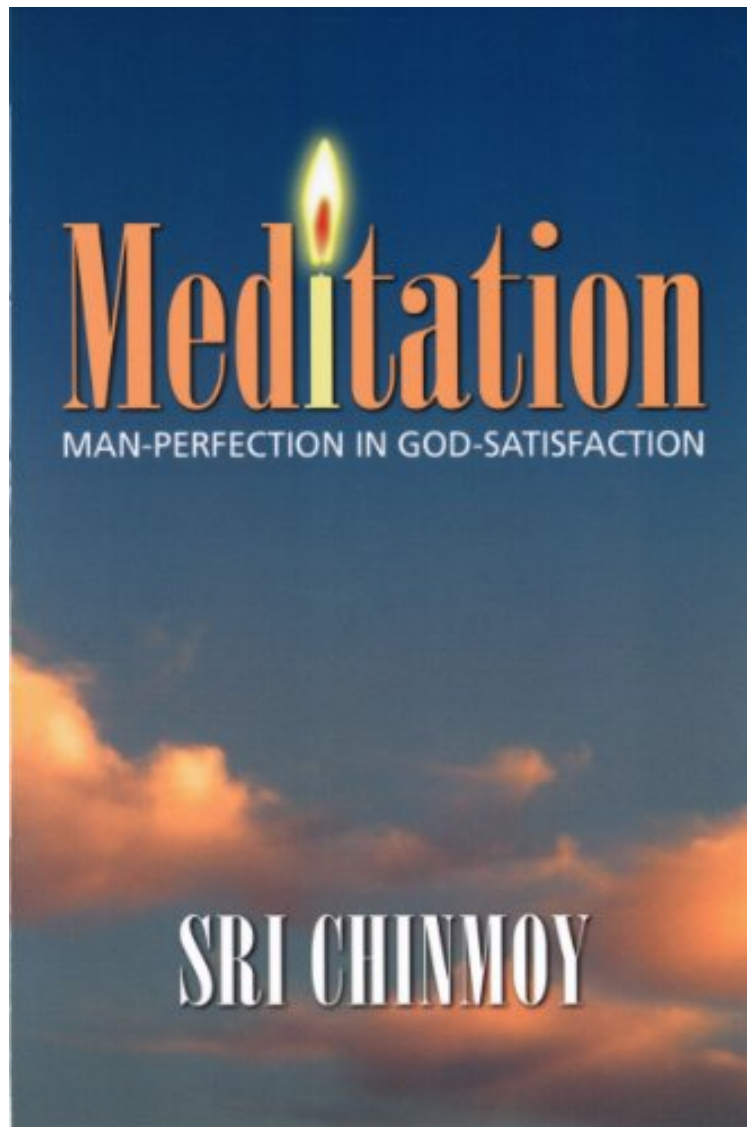


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Meditation: Man-Perfection in God-Satisfaction (English Edition)

Von Sri Chinmoy

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Von Sri Chinmoy : Meditation: Man-Perfection in God-Satisfaction (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised Meditation: Man-Perfection in God-Satisfaction (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich. This is a book about meditation.Von Ein KundeSri Chinmoy is a modern spiritual master (an enlightened being) who lives in Queens, New York and has written prolifically on the spiritual life. Meditation is his most famous book on how to meditate. In it he gives the steps, elaborates on all of these, and answers questions about the process of meditation.

What is amazing - and unique - about Sri Chinmoy's books is his highly advanced level of consciousness, the intensity and clarity with which he addresses spiritual matters, and the fact that he breaks new ground. He discusses - and gives answers to - spiritual matters not discussed by others. He is VERY DETAILED about the minutiae of spirituality, and has definite ideas as to the FORM it should take. In person, he is an amazing person, filled with POWERFUL spiritual energy, seemingly endless stamina, and overflowing creativity. He radiates purity and strength. His viewpoint is unique - he does not come out of the Christian tradition (although he embraces the divinity of Christ), but the Eastern tradition, so his style is quite different from a Western one. I recommend this book, and his books, for exposure to the spirituality he offers, and for those who feel personally called to follow his path. In addition, the meditation he offers is sound. It is heart-centered, and can be applied to any tradition in which one feels comfortable. 0 von 0 Kunden fanden die folgende Rezension hilfreich. A recommended first purchase at the Spiritual Bazaar. Von Ein Kunde I am standing at the entrance gates of a huge Spiritual Bazaar. Every vendor within this bazaar has a "Sri" before his name. Who do I approach first? Who is sincere? How can a journey begin when so many True paths present themselves? This book by Sri Chinmoy answers: Meditation. How do I meditate? What is the best time? Where is the best place? In what manner should I sit? Is what I am experiencing normal? Are the experiences during meditation taking me beyond or are they only the mind deceiving me? The book is in question and answer format and you will find your question(s) here because all the questions come from those who are meditating, from those who are wondering, experiencing, doubting and celebrating the same as you. This was of great value to know that what I experience; the sometime bliss and the often frustration, the phantom and the concrete, have been experienced by others, that their questions are my questions. We walk upon the same path, bruise our heels on the same stones, marvel at the same vistas. What a revelation and a relief to know this! 0 von 0 Kunden fanden die folgende Rezension hilfreich. Very good book Von Reinhardt Basic informations about meditation. Helpful information to learn meditation and better. From the view of a spiritual master. Not one penny to much. When you are intresting in this topic you can read it decades later.

Kurzbeschreibung Learn to meditate with the most complete and easy to understand book on meditation available. Presented with the simplicity and clarity that are the hallmarks of Sri Chinmoy's writing, this book will take you from the beginning stages of concentration and meditation through the advanced practice of contemplation. Topics Include Meditation techniques that anyone can learn How to unfold your deepest spiritual self Developing your power of concentration The powerful relationship between prayer and meditation How to find and keep lasting peace of mind How to break through negative emotions like anger and fear Recognizing and interpreting the "Voice of Silence" within you Awakening the heart centre to discover the power of your soul Plus a special section in which Sri Chinmoy answers 150 questions on a wide range of experiences often encountered in meditation. Sri Chinmoy was a renowned author, artist, poet, athlete, spiritual leader, and peace visionary who dedicated his life to the pursuit of world harmony and to the fulfilment of the unlimited potential of the human spirit. He is the inspiration behind several peace initiatives which have brought together millions of people worldwide in the spirit of friendship and oneness. Kurzbeschreibung Learn to meditate with the most complete and easy to understand book on meditation available. Presented with the simplicity and clarity that are the hallmarks of Sri Chinmoy's writing, this book will take you from the beginning stages of concentration and meditation through the advanced practice of contemplation. Topics Include Meditation techniques that anyone can learn How to unfold your deepest spiritual self Developing your power of concentration The powerful relationship between prayer and meditation How to find and keep lasting peace of mind How to break through negative emotions like anger and fear Recognizing and interpreting the "Voice of Silence" within you Awakening the heart centre to discover the power of your soul Plus a special section in which Sri Chinmoy answers 150 questions on a wide range of experiences often encountered in meditation. Sri Chinmoy was a renowned author, artist, poet, athlete, spiritual leader, and peace visionary who dedicated his life to the pursuit of world harmony and to the fulfilment of the unlimited potential of the human spirit. He is the inspiration behind several peace initiatives which have brought together millions of people worldwide in the spirit of friendship and oneness. Synopsis An introduction to meditation that takes you from the first stages of concentration and mediation through to the advanced practice of contemplation. It also includes a section in which Sri Chinmoy answers 150 questions on a wide range of experiences often encountered in meditation.