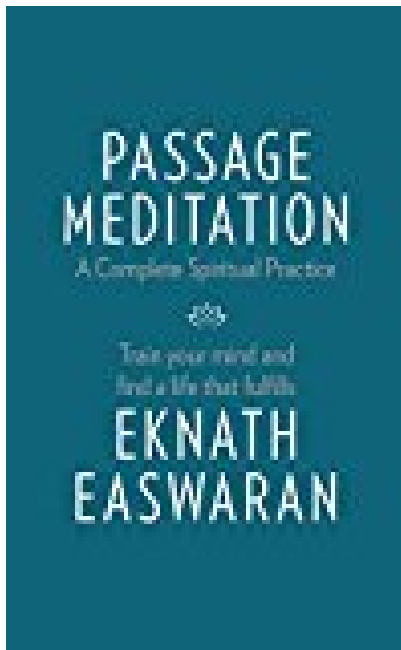


Passage Meditation - A Complete Spiritual Practice Train Your Mind and Find a Life that Fulfills Essential Easwaran Library



BOOK DETAILS

- Author : Eknath Easwaran
- Pages : 296 Pages
- Publisher : Nilgiri Press
- Language : English
- ISBN : 1586381164

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BOOK SYNOPSIS

Easwaran's classic manual is a unique source of practical spiritual support for new and experienced meditators, and gives all the instruction needed to establish a vibrant meditation practice and keep it going. In passage meditation, you focus attention on passages, or texts, drawn from all the world's sacred traditions. You choose the passages that appeal to you, so this universal method stays fresh and inspiring, prompting you to live out your highest ideals. Easwaran taught passage meditation to thousands of people for over forty years, including a course at the University of California, Berkeley. Meditation is supported by the mantram and six other spiritual tools to help us stay calm, kind, and focused throughout the day. This book shows how, with regular practice, we gain wisdom and vitality, and find a life that fulfills.

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