



Secrets of Meditation and Inner Peace (Paperback)

By Swami Kriyananda

Crystal Clarity,U.S., United States, 2017. Paperback. Condition: New. Language: English . Brand New Book. This concise book brilliantly encapsulates the essential keys to meditation with seed thoughts for each day of the month. Each affirmation is presented in a straightforward manner that allows the reader to repeat and remember it before meditating. This potent guide to meditation will help readers tap the well-spring of joy and inner peace with them.This little book can change your life. Open it to any page to unlock the hidden power within you.In this collection of pithy and profound sayings, readers will find wise guidance and key insights to the practice of meditation, and secrets for bringing the peace of meditation into the trials and clamor of their daily life.Drawing on his bestselling Secrets book series, Swami Kriyananda offers sage advice for going within. This lovely edition offers speedy counsel and enlightenment, on the spot. A treasure trove of uplifting affirmations, it is a book to be dipped into and savored again and again.The inspired secrets are contained in one small miracle of a book--perfect as a gift, or as a cherished addition to one s own bookshelf.From the Publisher s Note: The first two...



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This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).

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