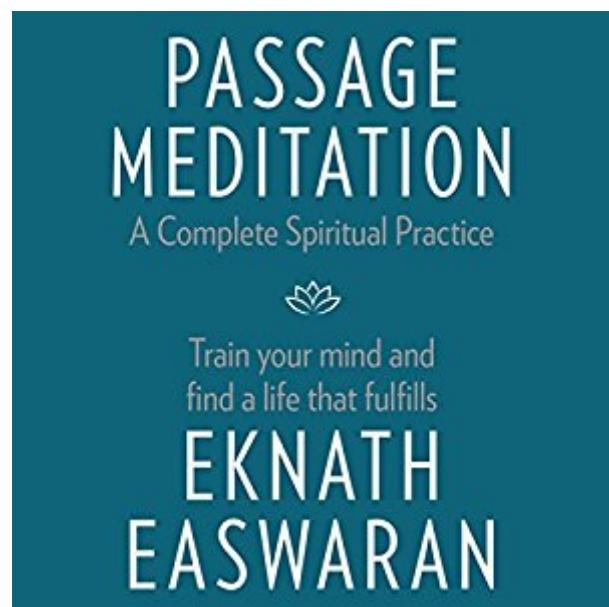


The book was found

Passage Meditation - A Complete Spiritual Practice: Train Your Mind And Find A Life That Fulfils



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 40 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.

Book Information

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Customer Reviews

After my "born again" atheist phase, I was intent on discovering/uncovering God for myself. I read all sorts of books (see my other reviews for some of what I have read) and all of these books satisfied my intellectual curiosity for a more "personable" God. I wasn't interested in a new religion, I was interested in knowing that a God of Love could love me, as well. I decided to start meditating for two reasons. (1) I always admired people who could somehow get still, centered, and focused and brought a clear sense of attention/intention to everything they did and (2) maybe through meditation I could form a deeper inner "knowingness" that God did exist within me and around me. This was one of the first books on meditation that I not only read, but devoured. I enjoy Eknath Eswaran's simple

approach to meditation. If you are looking for a more complicated approach I am sure you will find many books that will fit the bill. Simplicity is an art. Simplicity is very difficult for a confused mind to understand. Simplicity is the essence of genius. So I studied Eswaran's words on meditation, but I also took them to heart. When I was first learning to meditate, I often broke my practice into "bite-sized chunks". Three minutes here, five minutes there, another two minutes here, maybe four minutes there. I celebrated every moment I could get still. I relished in every moment I could get quiet. I wish I could say that I mastered meditation in six short weeks but I don't think anyone ever quite "masters" meditation. It does have an accumulative effect and eventually I was able to get still for twenty minutes (with my longest session being two hours) but meditation is so unlike anything I have ever done.

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