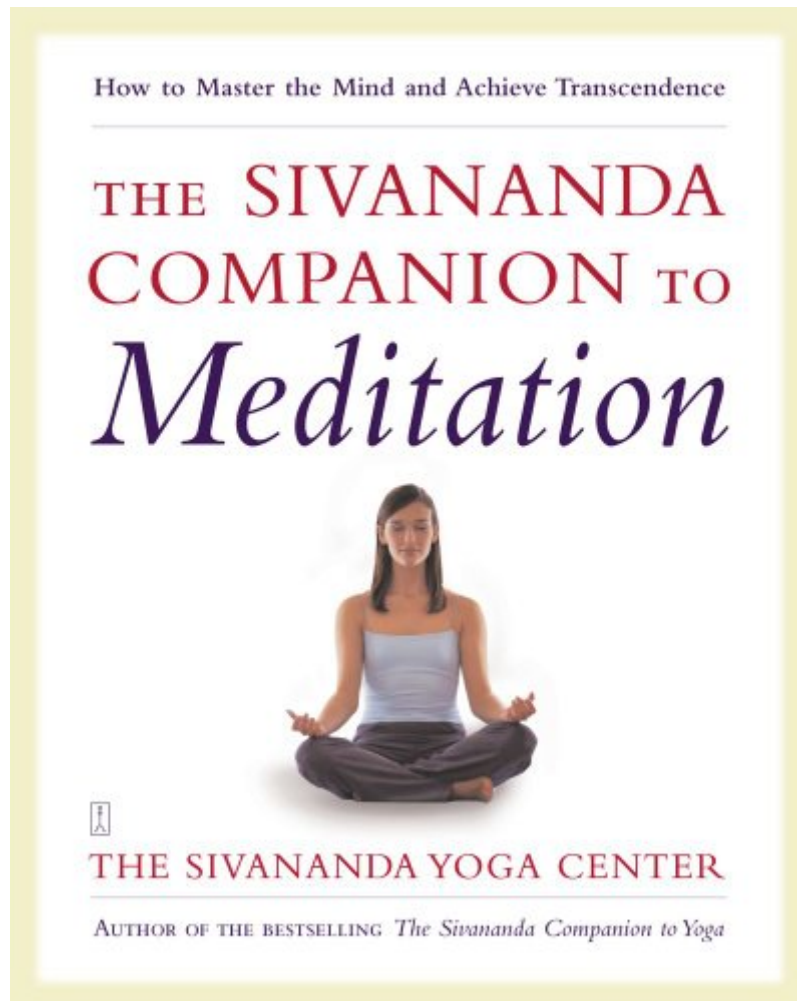


The book was found

The Sivananda Companion To Meditation: How To Master The Mind And Achieve Transcendence



Synopsis

Realize the Power and Eternity of Every Moment" Meditation is a continuous flow of perception or thought like the flow of water in a river." SWAMI VISHNU-DEVANANDA An integral part of all forms of yoga, meditation is an important key to achieving peace of mind in our increasingly chaotic lives, with regular practice enhancing mental, physical, and spiritual well-being. The Sivananda Companion to Meditation outlines a simple step-by-step guide to the practice of meditation and shows you how to make it a part of your everyday routine. You will learn about the beneficial effects of meditation, including how this powerful art will help you to

- Reduce stress and experience greater clarity of mind
- Treat health problems, ranging from depression and anxiety to insomnia and chronic pain
- Develop your powers of concentration and positive thinking
- Lead a more balanced life in tune with the fivefold path as taught by the Sivananda Yoga Vedanta Center

The Sivananda Companion to Meditation is geared to beginners as well as those already experienced in the art of meditation. Regardless of your level, this book will help you to attain a state of profound clarity and serenity that will change your life.

Book Information

File Size: 5504 KB

Print Length: 160 pages

Publisher: Touchstone (June 15, 2010)

Publication Date: June 15, 2010

Sold by: Simon and Schuster Digital Sales Inc

Language: English

ASIN: B003T0FK12

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #734,563 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #100

in Kindle Store > Kindle eBooks > Religion & Spirituality > New Age > Self-Help #265 in Books > Religion & Spirituality > New Age & Spirituality > Self-Help #912 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

This is much more than a handbook for beginning meditators. I've read many other books on meditation, but this is by far the best, clearest, and most comprehensive both theoretically and practically. It is organized so that the basic techniques are explained early on, so that even inexperienced persons can begin meditating properly immediately while reading more concerning theory and philosophy. This book truly covers everything one needs to know to establish a steady and rewarding meditation habit.

Took a chance on this item, as not many folks in the boonies are into this practice. Found it easy to read, i.e. well organized, and intelligently presented. It provided directions, methods and techniques on these arcane subjects that I found extremely helpful. I definitely recommend it as a starter. The Yoga-Sutra of Patanjali: A New Translation with Commentary (Shambhala Classics)

A great guide for those interested in meditation for both those new to meditation and the experienced. Hope it gets another printing since it is pretty expensive to buy a paperback copy. Kindle version is reasonably priced.

[Download to continue reading...](#)

The Sivananda Companion to Meditation: How to Master the Mind and Achieve Transcendence
Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques)
Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques)
Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate)
Mindfulness: Achieve Inner Peace And Harmony With Mindfulness And Meditation - Live Life Without Stress And Anxiety (Mindfulness, Meditation, Buddhism, Yoga, Enlightenment Book 1)
Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting Happiness
Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate)
Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation)
Common Core Achieve, Mathematics Subject Module (BASICS & ACHIEVE)
Lack and Transcendence: The Problem of Death and Life in Psychotherapy, Existentialism, and Buddhism

More Beautiful and More Terrible: The Embrace and Transcendence of Racial Inequality in the United States
God So Loved the World: Clues to Our Transcendent Destiny from the Revelation of Jesus: 3 (Happiness, Suffering, and Transcendence)
Sex, Drugs, Einstein & Elves: Sushi, Psychedelics, Parallel Universes and the Quest for Transcendence
BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras)
NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT)
Saint Germain: Master Alchemist: Spiritual Teachings From An Ascended Master (Meet the Master)
Yoga & Life Empowerment: A Six-week, Self-study Practice Using Asana, Meditation & Diet to Achieve Happiness & Peace
Companion Planting: Companion Gardening - A Practical Guide For Beginners To Learn Everything About Companion Planting (Organic Gardening, Container Gardening, Vegetable Gardening)
Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)
Karma and Chaos: New and Collected Essays on Vipassana Meditation (Vipassana Meditation and the Buddha's Teachings)

[Dmca](#)