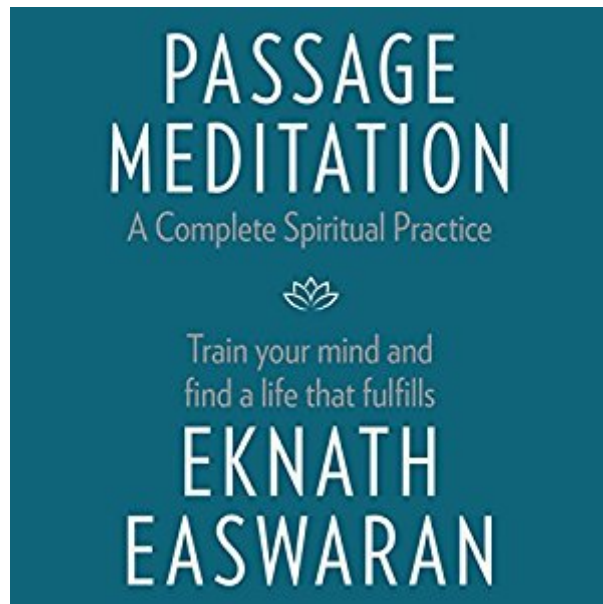


The book was found

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



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

Audible Audio Edition

Listening Length: 8 hours and 15 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Blue Mountain Center of Meditation

Audible.com Release Date: September 13, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01KOZA8X4

Best Sellers Rank: #283 in Books > Medical Books > Psychology > Movements #627 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #816 in Books > Audible Audiobooks > Health, Mind & Body > Psychology

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 quites "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.

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

Passage Meditation - A Complete Spiritual Practice: Train Your Mind and Find a Life That Fulfills
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: 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)
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)
Puppy Training : How to Housebreak Your Puppy in Just 7 Days: (Puppy Training, Dog Training, How to Train A Puppy, How To Potty Train A Puppy, How To Train A Dog, Crate Training)
Meditation within Eternity: The Modern Mystics Guide to Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness and Meditation Techniques for Spiritual Growth
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)
Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama)
MINDFULNESS: Mindfulness for Beginners: Free your Mind from Stress, Anxiety and Depression: How to Find your Inner Peace (Meditation for beginners)
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)
Train Your Brain for Weight Loss - 2 Self Hypnosis CD's for Weight Loss Empowerment and Exercise Motivation (Train Your Brain for Weight Loss, 1)
Puppy Training: 10 Worst Puppy Training Mistakes That Can Ruin Your Dog (And How To Train Them Right) (puppy training, dog training, puppy house

breaking, ... training a puppy, how to train your puppy) Meditation: Meditation for Beginners: Guide to Happiness, Peace, Tranquility, Stress Relief, Anger Management and Spiritual Growth (Spirituality Journey, Book 2) Train Your Brain & Mental Strength : How to Train Your Brain for Mental Toughness & 7 Core Lessons to Achieve Peak Mental Performance: (Special 2 In 1 Exclusive Edition) The Twelve (Book Two of The Passage Trilogy): A Novel (Book Two of The Passage Trilogy) Alone in the Passage: An Explorers Guide to Sea Kayaking the Inside Passage BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) The Science of Running: How to find your limit and train to maximize your performance Stop Hiding Behind Your Weight: Train Your Brain to Stop Emotional Eating with Self-Hypnosis, Meditation and Affirmations NLP: Neuro Linguistic Programming: Re-program your control over emotions and behavior, Mind Control - 3rd Edition (Hypnosis, Meditation, Zen, Self-Hypnosis, Mind Control, CBT)

[Dmca](#)