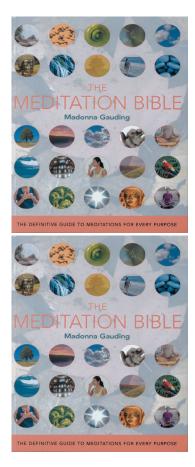
## **Meditation Bible - Gauding**



With more than 140 techniques and practices drawn from Christian, Buddhist, Hindu, Sufi, Taoist, Pagan, Jewish, Native American, and mystical traditions, this is the ultimate guide to meditation.

Rating: Not Rated Yet **Price**Salesprice with discount

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## Description

Easily find out how to meditate to calm and center; cultivate mindfulness of everyday activities; heal physical and emotional ailments; increase love and compassion; end addictions; work with dreams; and deepen your connection with the Divine. An entire section is devoted to walking meditations that will get you moving, and there's smart advice on developing a daily practice and on creating a sacred space.

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## Reviews

There are yet no reviews for this product.

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