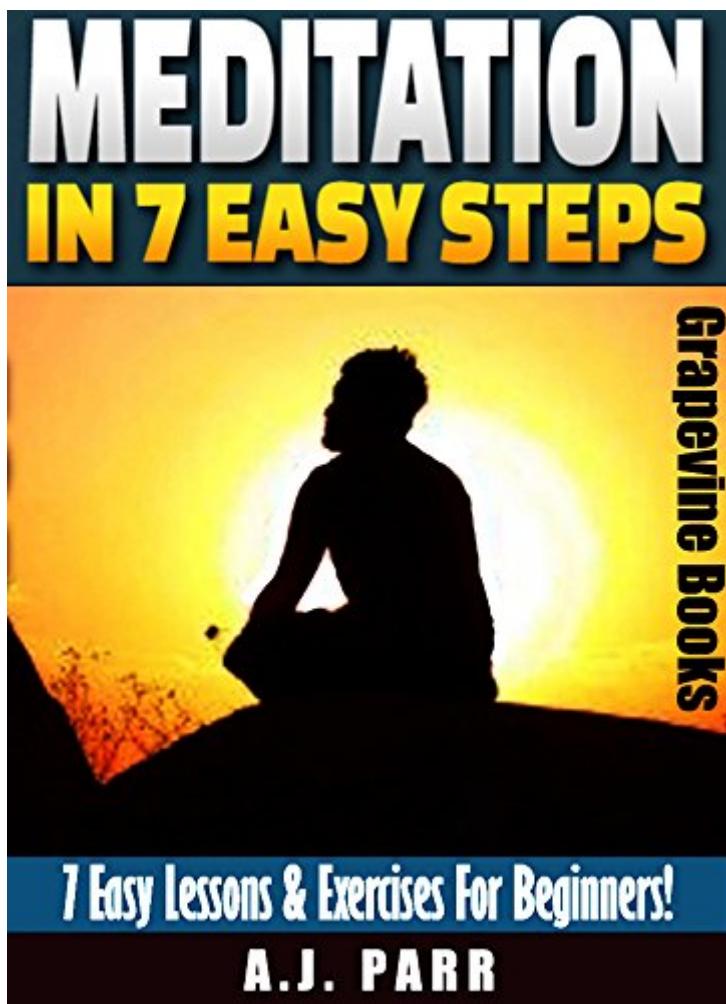


The book was found

# **Meditation In 7 Easy Steps (7 Easy Lessons & Exercises For Beginners!): Understanding The Teachings Of Eckhart Tolle, Dalai Lama, Krishnamurti, Maharishi ... Yogi And More! (The Secret Of Now Book 5)**





## Synopsis

MEDITATION IN 7 EASY STEPS contains the seven basic lessons and exercises you need to learn the basics of this spiritual practice today and start experiencing a more joyful and peaceful life. Its pages are the product of four decades of the author's meditation practice and Comparative Religion research, based on the ancient holistic principle that "in essence there is and always has been only one spiritual teaching, although it comes in many forms", as expressed by the German-Canadian spiritual teacher Eckhard Tolle, author of the best-selling book "The Power of Now", evidenced by the teachings of Dalai Lama, Krishnamurti, Swami Vivekananda, Ramana Maharshi, Swami Sivananda, and Maharishi Mahesh Yogi, among other spiritual leaders. There's no need to change your present beliefs or religion to practice meditation. This transcendental teaching is open to people of all creeds interested in learning a quick way of experiencing inner peace and discovering the joy of living. Hundreds of research studies evidence the physical and psychological benefits of meditation practice, published in numerous scientific journals and conducted at prestigious universities and research centers like the Harvard Medical School, Yale Medical School, UCLA Medical School, Stanford Medical School, and Medical College of Georgia. It's never too late to learn mediation! **WHAT THIS BOOK CAN SHOW YOU:** \*Why the chattering mind is often compared with a wild animal.\*How our mind creates our own suffering, grief, anger, worries and desolation.\*What "mantra meditation" and how to use a mantra to easily train your mind. \*The basic benefits and steps of meditation practice.\*How to face our thoughts during meditation.\*How to recognize the illusory nature of our "false self" during meditation.\*How to meet our "true Self" during meditation.\*How to face stressful situations, avoid excessive worries and keep a clear mind whenever times go wrong.\*How to experience fulfilling inner stillness and peace of mind.\*And more! **GET THIS BOOK AND CHECK OUT THE REST OF THE SERIES!** **VOLUME 1** Living in "The Now" in Easy Steps <https://www..com/dp/B00J57TQZO> **VOLUME 2** Buddhist Meditation For Beginners <https://www..com/dp/B00JE54A8K> **VOLUME 3** Eckhart Tolle and Hinduism: Tales of Light <https://www..com/dp/B00JJZLCB1> **VOLUME 4** Christian Meditation in Easy Steps <https://www..com/dp/B00KLHUG7Y> **VOLUME 5** Meditation in 7 Easy Steps <https://www..com/dp/B01L9DRF9U> **VOLUME 6** Stop Negative Thinking in 7 Easy Steps <https://www..com/dp/B00MVL16JI>

## Book Information

File Size: 562 KB

Print Length: 80 pages

Simultaneous Device Usage: Unlimited

Publisher: Grapevine Books; 1 edition (August 29, 2016)

Publication Date: August 29, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01L9DRF9U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #486,776 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #105

in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Dalai Lama #122

in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Holistic Medicine

#298 in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Meditations

## Customer Reviews

I was familiar with some of these ideas through reading Eckhart Tolle, but this is a short version of how to quiet your mind. You can learn it very easily from this book. I recommend it to people who have busy minds and want to understand how to get quiet.

I really am happy that I ran across this BOOK as reinforces beliefs that I had forgotten about. A Must READ! I had previously tried to learn meditation, but really never took the time to remember how to this! I would that everyone would take the time to learn this!

Good basic overview of meditation and some helpful exercises. No brainer for the cost

Really helps you with meditation. A really good read if you are into meditation

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

Meditation in 7 Easy Steps (7 Easy Lessons & Exercises For Beginners!): Understanding the Teachings of Eckhart Tolle, Dalai Lama, Krishnamurti, Maharishi ... Yogi and more! (The Secret of

Now Book 5) Living in The Now in Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Meister Eckhart and more!): 7 Lessons & Exercises to Stop Your ... Live in the Now (The Secret of Now Book 1) Stop Negative Thinking in 7 Easy Steps (Understanding Eckhart Tolle, Dalai Lama, Krishnamurti, Ramana Maharshi and more!): Easy Training to Beat Depression! (The Secret of Now Book 6) Stop Negative Thinking in 7 Easy Steps: Understanding The Masters of Enlightenment: Eckhart Tolle, Dalai Lama, Krishnamurti and more! The Dalai Lama : The Best Teachings of The Dalai Lama, Journey to a Happy, Fulfilling and Meaningful Life ! The Dalai Lama: Foreword by His Holiness The Dalai Lama 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) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) The Eckhart Tolle Audio Collection (The Power of Now Teaching Series) Even the Sun Will Die: An Interview with Eckhart Tolle (Power of Now Teaching Ser.) Maharishi Mahesh Yogi on the Bhagavad-gita: A New Translation and Commentary with Sanskrit Text: Chapters 1-6 Zen: Beginnerâ"¢s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation The Leap: The Psychology of Spiritual Awakening (An Eckhart Tolle Edition) Eckhart Tolle's Findhorn Retreat: Stillness Amidst the World The Eckhart Tolle Audio Collection Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) The Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings Essence of the Heart Sutra: The Dalai Lama's Heart of Wisdom Teachings

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)