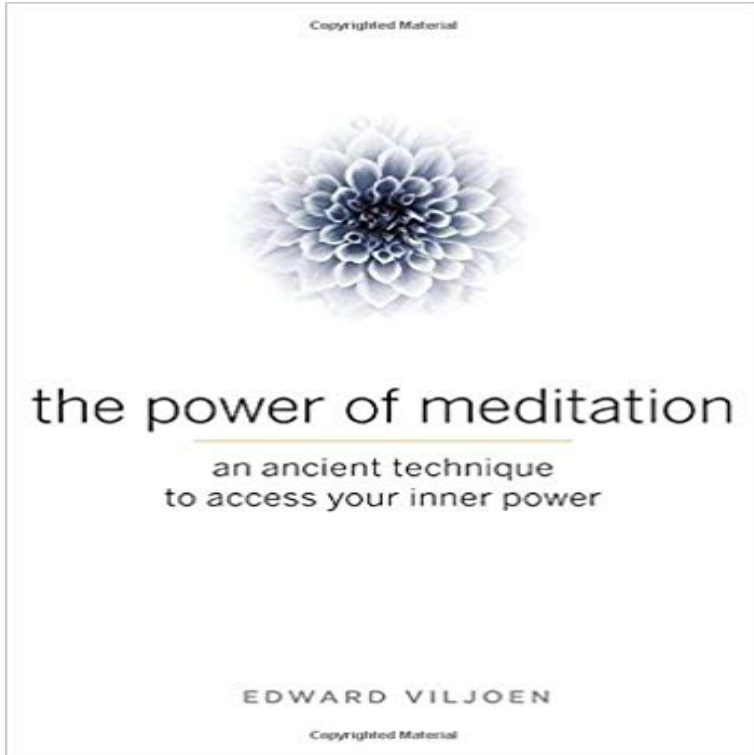


# The Power of Meditation: An Ancient Technique to Access Your Inner Power



Winner of the 2014 Nautilus Award represents Better Books for a Better Worldthe Silver Award in the category of Religion /Spirituality: Eastern Traditions.This wise and delightful guide to the benefits of meditation practices will help readers cultivate a calm, peaceful, and enlightened lifestyle. Drawing from his years of experience as a teacher, spiritual leader, and avid meditator, Edward Viljoen directs readers down the path to enlightenment using wisdom such as: Mindfulness practices Train yourself to become absorbed in a purposefully chosen activity. Sitting practices Reduce the use of mental and physical resources as much as possible by sitting still and silently. Creative practices Employ such devices as journaling, observing, and focusing on a favorite literary or spiritual passage. Featuring personal anecdotes and stories from the authors spiritual teachings, The Power of Meditation goes beyond a simple how-to book and offers a wonderful reading experience that will inspire readers to live more wise and fulfilling lives.

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