



## Exploring Meditation: Master the Ancient Art of Relaxation and Enlightenment

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By Susan G. Shumsky

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2005. Softcover. Book Condition: New. This spiritual self-hlp book offers easy, step-by- step procedures to master the ancient arts of meditation and enlightenment. It offers practical techniques to increase love, power, and energy, reduce stress and tension, improve health, reverse aging, and bring well being, and peace of mind to everyday life. This book demystifies abstract concepts and provides a road map to the inner life, leading beginners safely through the maze of the spititual path, pointing out signposts and pitfalls along the way.

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