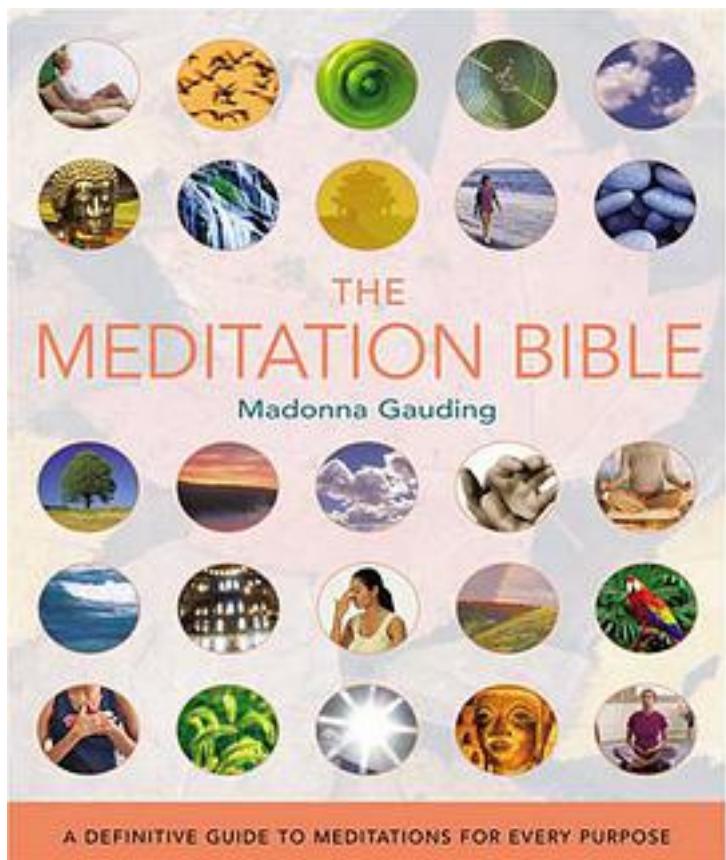


The Meditation Bible



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著者:Madonna Gauding

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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. 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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评论

很comprehensive。塞舌尔看的书之一。眼睛闭上的时候确实是a different world。这些书让人读着就觉得生活美好。take a giant leap meditation和dream map meditation，我会好好贯彻。

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