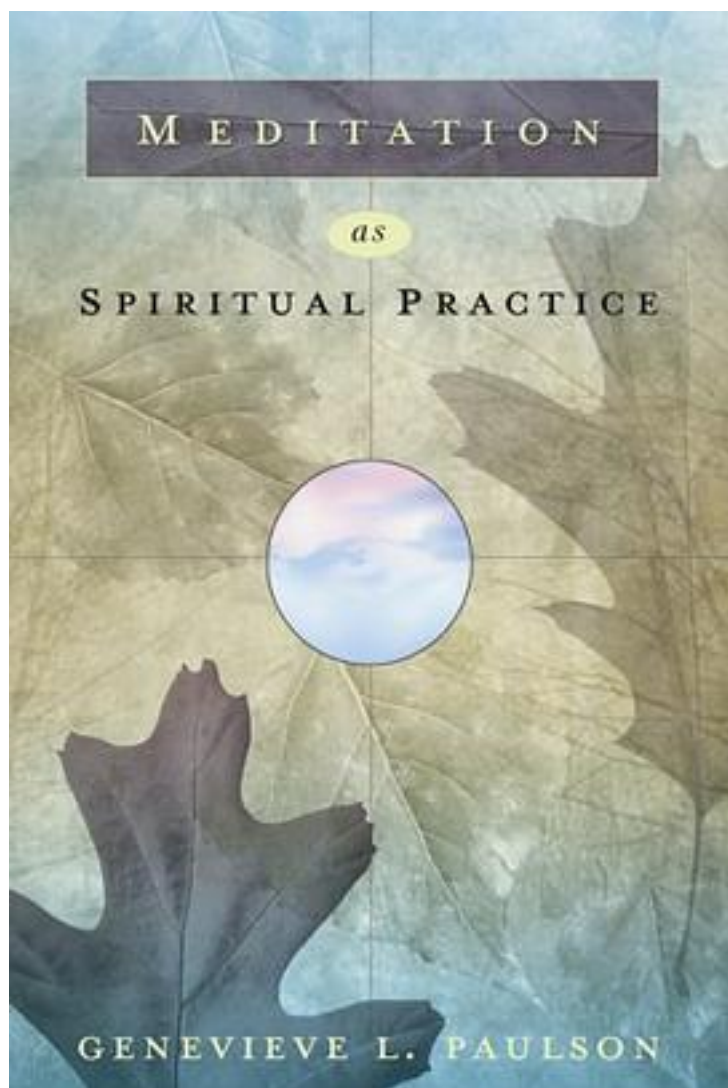


Meditation as Spiritual Practice



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Meditation has many purposes: healing, past life awareness, mental clarity, and relaxation. This practice can also enhance our spiritual lives by bringing about "peak experiences" or transcendental states. "Meditation as Spiritual Practice" focuses on the practice of meditation for expanding consciousness and awareness. The techniques in this treasured guidebook can also help one in developing clairvoyance, clairsaudience, and other psychic abilities.

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