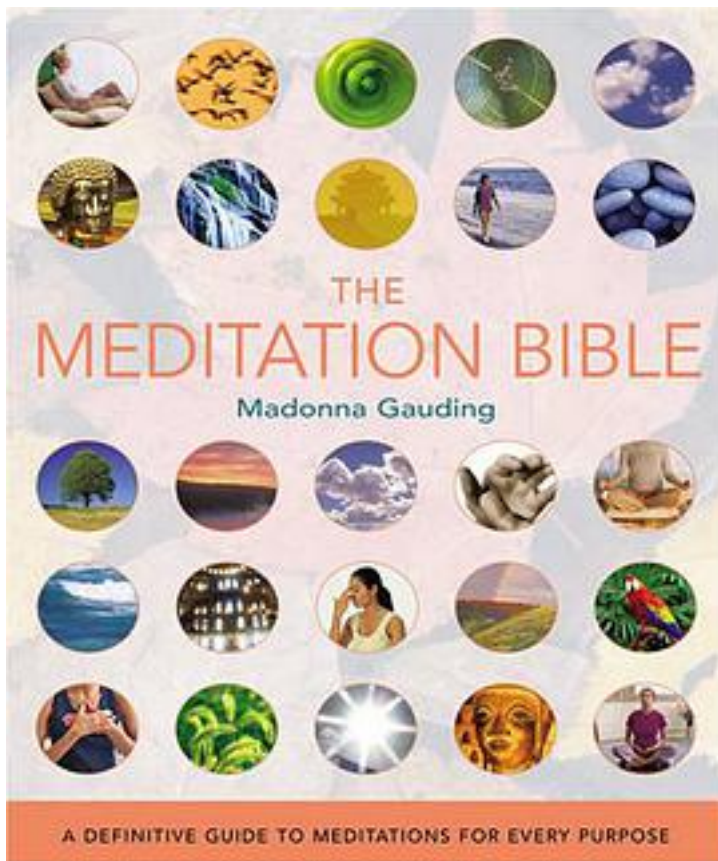


The Meditation Bible



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This is a definitive handbook for those wishing to master meditation. This authoritative volume includes meditations for calming and centering, living mindfully, developing love and compassion, solving problems, manifesting your dreams and connecting with the Divine. There's also advice on meditation postures, creating a sacred space and establishing a daily meditation practice.

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