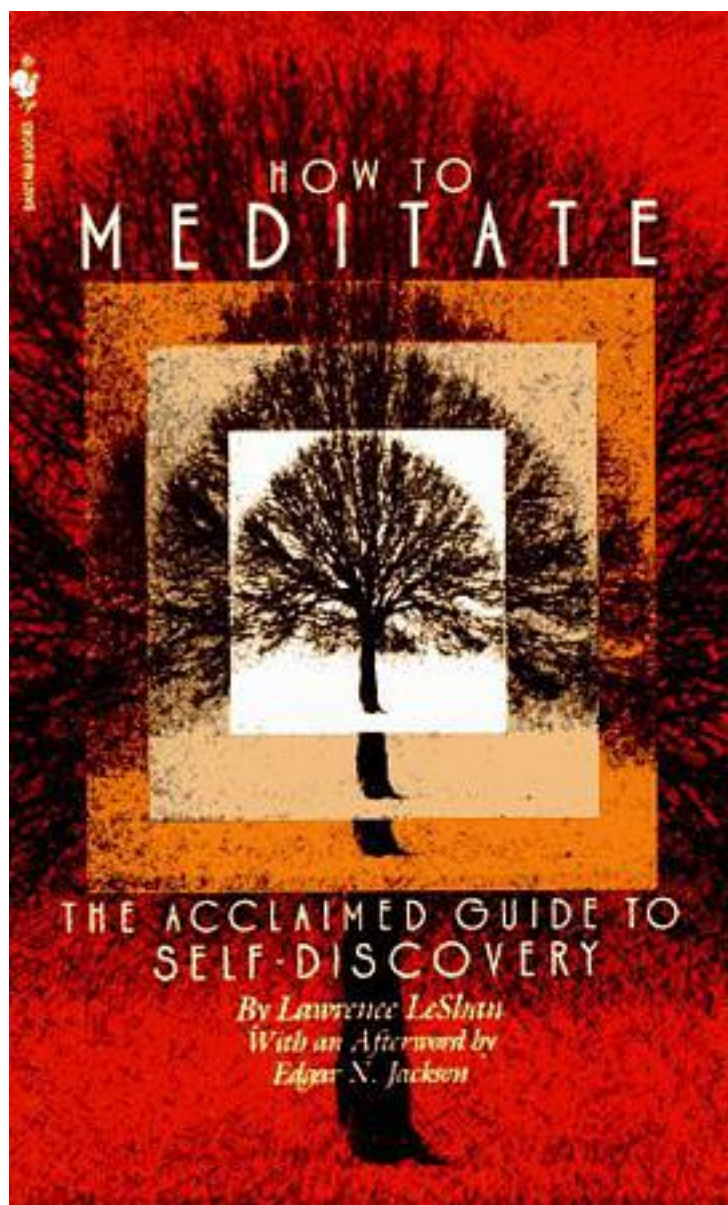


# How to Meditate



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著者:Novak, Jyotish

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“The clearest, most practical, and inspiring guide on meditation I’ve ever read.”

—Joseph Bharat Cornell, meditation instructor, author Sharing Nature book series

This clear and concise guidebook contains everything you need to start your practice. With easy-to-follow instructions, meditation teacher Jyotish Novak demystifies meditation—presenting the essential techniques so that you can quickly grasp them. How to Meditate has helped thousands to establish a regular meditation routine since it was first published in 1989. This newly revised edition includes a bonus chapter on scientific studies showing the benefits of meditation, plus all-new photographs and illustrations.

Learn how to:

Relax your body

Interiorize your awareness

Concentrate your mind

Develop and clarify intuition

Expand your spirit

Experience peace, joy and calmness

作者介绍:

Jyotish (John) Novak has studied, practiced and taught meditation around the world for over 40 years. He came onto the spiritual path when he met Swami Kriyananda in 1966. Jyotish was a founding member of Ananda Village in Nevada City, California in 1968.

For its first ten years Jyotish served as General Manager of Ananda Village. He and his wife Devi started the first city ashram for Ananda in San Francisco in 1979. In 1984 Jyotish expanded Ananda's outreach and helped start the work in Europe. Jyotish currently serves as the Spiritual Director of Ananda worldwide.

Jyotish, who holds a BA in psychology, is the author of the best-selling book How to Meditate, along with 30 Day Essentials for Career and 30 Day Essentials for Marriage. He also is the creator of Meditation Therapy(TM) and has three videos: Meditation Therapy for Stress & Change, Meditation Therapy for Relationships, and Meditation Therapy for Health & Healing.

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