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talks of Swami Vivekananda on the theory and practice of meditation. It is more of an introductory book with plenty of inspiration passages to get one started.

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Meditation and Its Methods Meditation means to completely concentrate on a chosen object without being distracted. How do we concentrate? For example, when you are looking at a flower, you are asked to

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Whether it's through deep breathing during a busy day, listening to the quiet after turning off the car radio, chanting in prayer, or ten minutes of visualization exercises each morning, meditation takes many forms. But it is always a personal method of centering our spiritual self,

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increasingly realized and recognized by modern psychologists that meditation should form part and parcel of the daily routine of everyone, in order to provide a counter-balance to the intensely active life that everyone ...

Meditation And Its Methods According to Swami Vivekananda

Meditation has been practiced for thousands of years. Meditation originally was meant to help deepen understanding of the sacred and mystical forces of life. These days, meditation is commonly used for relaxation and stress reduction. Meditation is considered a type of mind-body complementary medicine.

Meditation: Take a stress-reduction break wherever you are ...

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Doctrines, Hinduism, Meditation

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Vivekananda defined meditation, first as a process of self-appraisal of all thoughts to the mind. He then defined the next step as to “Assert what we really are — existence, knowledge and bliss — being, knowing, and loving,” which would result in “Unification of the subject and object.”.

Swami Vivekananda and meditation - Wikipedia

Meditation and Its Methods \$8.95 \$6.26 Swami Vivekananda's teachings on meditation, its philosophy and practice, reflect the depth and breadth of the mystical traditions of India and of his own inner realizations. These extracts tell us how we can practice meditation and make it part of our lives.

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Meditation and Its Methods - Vedanta Society of St. Louis

Vivekananda's method of meditation and advice on dealing with obstacles along the path. Right to the point easy to understand. If you want more methods I would advise Lawrence LeShan How to Meditate: A Guide to Self-Discovery. Good luck on your journey.

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There's also white noise, meditation sessions, bedtime stories, music, and a section on SleepMoves, a series of mind-body exercises and relaxation techniques to help you unwind before bed.

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