



## How to Meditate: -When You Haven't a Clue How to Get Started

By Wendy Aridela

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Meditation is not in any way something weird, wacky or woo-woo. It's as normal a human activity as eating, drinking or sleeping. You don't have to be mystical, spiritual, psychic or even clever to do it. You don't have to sit cross-legged with closed eyes to meditate - it can be done in the bath, on the bus, in bed or even while you're cooking your dinner. You don't have to change your religion - or even have a religion to change. You don't need any equipment. It's so simple that even quite young children can be taught to meditate and physically undemanding enough to be accessible by almost everyone. This book is designed for people with little or no previous meditation experience, who want to learn some simple meditation techniques outside any established faith tradition or meditation lineage. These techniques are suitable for everyone. It doesn't matter if you are Christian, Buddhist, Moslem, Hindu or some other faith tradition - you will not find anything here to clash with...



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