A Concise Guide to Meditation: Practical Techniques to Clear, Focus and Calm the Mind

By John Hudson

Anness Publishing. Hardback. Book Condition: new. BRAND NEW, A Concise Guide to Meditation: Practical Techniques to Clear, Focus and Calm the Mind, John Hudson, This is a fully illustrated introduction to the healing powers of meditation. It offers detailed photography that describes relaxation sequences, breathing techniques, and specific postures. It contains innovative visualization and affirmation exercises, as well as useful advice on achieving the meditative state, including deep breathing and using sounds, touch, crystals and chakras. It includes guided meditations for cleansing the mind, maintaining stamina, gaining confidence for a meeting, improving health, increasing creativity, and relaxation. Meditation can help to bring the body and mind into a state of harmony, so that relationships with people are more fruitful, work flows more efficiently, and problems are more easily solved. It is a way in which to balance an active life with calming periods of inner reflection. This book introduces you to simple meditation techniques, as well as meditations for specific purposes, such as to help boost confidence or make important decisions. With over 100 inspiring photographs and illustrations, this concise book gives you the tools to reduce stress and bring yourself to greater state of awareness and tranquillity through the...

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