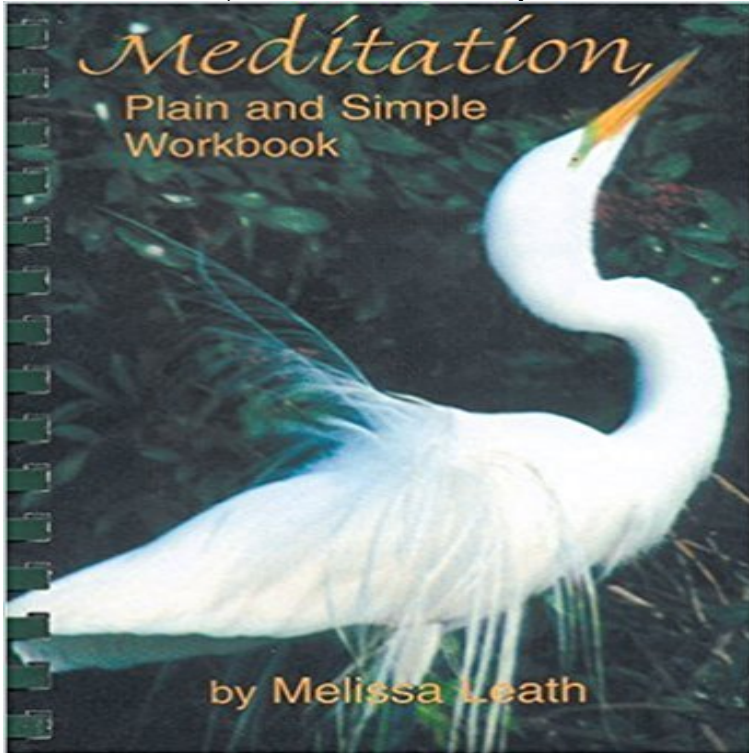


Meditation, Plain and Simple: Workbook



Meditation, Plain and Simple Workbook is a basic primer for all novice meditators, including those who are unsure of what it really is and how to do it. It also is a powerful resource for seasoned meditators who want to boost their practice. There are no philosophies or religious connections, just simple facts about the art of meditation. After lecturing with the Whole Life Expos and other Holistic Conferences and gatherings across the country, Melissa has gained a wealth of knowledge as to what beginners want and need to empower themselves. The Workbook has plenty of exercises to practice and find the ones that are special for your practice. There is full explanation of what meditation really is, and is not. Each chapter end has a reading meditation or visualization to help with progress, with plenty of room for note taking. The book has a hard cover with heavy comb binding to use easily as a workbook. It allows you to use it over and over as an instructional guide in your meditation practice.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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