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# Journey Of Awakening A Meditators Guidebook Ram Dass

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A good read that touches on the poignant work of others, half the book was about meditation and some tips on how to solidify a personal practice, the other half was about societies and organizations that existed at that time so you can find a saathsang, a group to meditate and discuss ideas with.

Journey of awakening : a meditator's guidebook (Book, 1990 ...

Journey Of Awakening A Meditators

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As a casual meditator who is taking his daily sitting much more seriously, Ram Dass' Journey of Awakening has proved to be a wonderful guide to the process. As someone

who has made his way through the beginning phase of his journey years prior to writing this book, he's surprisingly down to earth in most of what he talks about.

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Ram Dass shares his understanding and explores the many paths of meditation--from mantra, prayer, singing, visualizations, and "just sitting" to movement meditations such as tai chi--and suggests how you can find methods suitable for you. He illuminates the stages and benefits of meditative practice, and provides wise

Journey of Awakening – Love Serve Remember

Journey of Awakening is a classic guide to inner development from Ram Dass that is sure to set you on the right path. In the Journey of Awakening, Ram Dass shares his understanding and explores the many paths of meditation – from mantra, prayer, singing, visualizations, and “ just sitting, ” to movement meditations

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such as Tai Chi – and suggests how you should be applied.

can find methods suitable for you.

Journey of awakening : a meditator's guidebook (Book, 1978

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Journey of Awakening: A Meditator's Guidebook by Ram Dass was a complete surprise to me. I had been looking all over for a book that gave you meditation techniques rather than places to go and pay to learn meditation. This was the first such book I found.

Journey of Awakening: A Meditator's... book by Ram Dass

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Journey of awakening : a meditator's guidebook. [Ram Dass.; Daniel Goleman] -- Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years.

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Journey of Awakening As part of my spiritual journey, I had the chance to attend a seminar with Master Dass. I've been looking for examples of his work and saw the book up for bid.

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Journey of Awakening: A Meditator's Guidebook Mass Market Paperback – July 1, 1990 by Ram Dass (Author)

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