

Journey Of Awakening A Meditators Guidebook Ram Dass

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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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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: A Meditator's... book by Ram Dass

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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Journey of Awakening: A Meditator's Guidebook: Ram Dass ...

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.

Journey of Awakening: A Meditator's Guidebook AudioBook 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.

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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 – Love Serve Remember

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