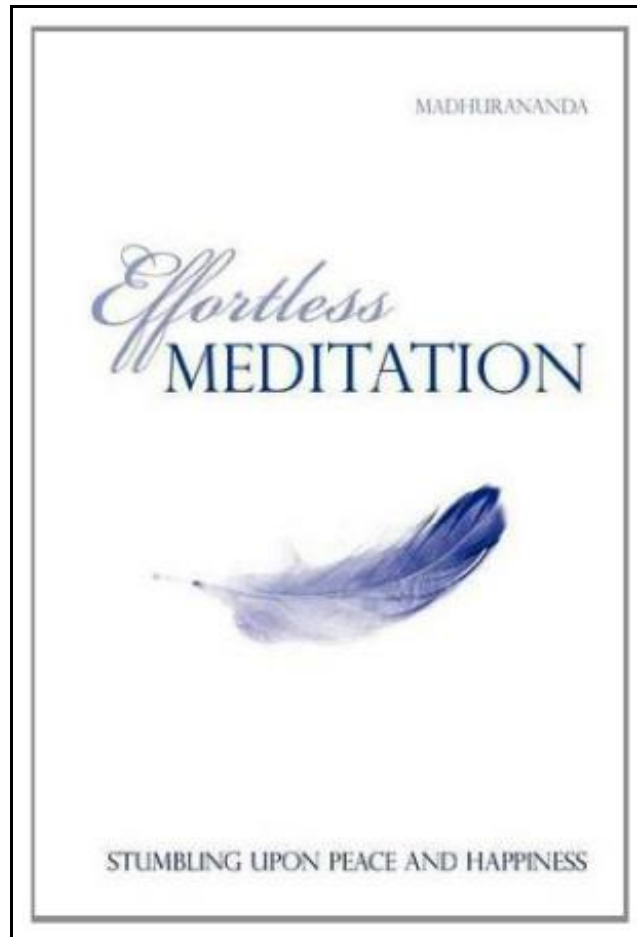


Effortless Meditation: Stumbling Upon Peace and Happiness



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Reviews

It is one of my favorite books. Sure, it is actually engaging, nonetheless an interesting and amazing literature. I am happy to let you know that this is basically the finest book I have ever studied in my very own existence and might be the finest publication for ever.

(Randal Reinger)

EFFORTLESS MEDITATION: STUMBLING UPON PEACE AND HAPPINESS



Yogi Impressions Books Pvt. Ltd., Mumbai, India, 2015. Softcover. Book Condition: New. First Edition. You dont have to be spiritually inclined, or be from any particular walk of life, to experiment with Effortless Meditation. It is enough that you are willing to give it a try. Once you "stumble" upon it, you will realise that to be happy you dont need the support of any faith or belief including the cherished one of enlightenment. By stumbling upon Effortless Meditation, you will have arrived at the heart of all efforts in your search for Peace and Happiness. You will soon realise that effortlessness itself is Peace, and whatever you are aware of naturally and spontaneously is also Peace. From then on, life itself becomes living in meditation.The authors search for happiness within changed the course of his life. It took him to the monastery where he led a meditative life for eleven years. His quest for happiness turned into a fascinating journey that culminated in his discovering Peace and the dynamic, effortless, meditative state.Printed Pages: 240.



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