



Meditation And Mindfulness: How you can learn to Meditate in less than 15 minutes a day like the Ancient Yogis

Kathy Lee

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Meditation and Mindfulness: How you can learn to Meditate in less than 15 minutes a day like the Ancient Yogis Meditation and mindfulness are powerful techniques to achieve fulfillment and happiness in life. This Book describes in detail about the effects of meditation and how you can learn this amazing practice to lead a stress free life. Meditation is not merely a tool for relaxation but a wholesome way of life. There are many misconceptions regarding meditation. Many believe that it's a religious and occult practice meant only for people who want to renounce the world. In fact, meditation is a technique which makes you live a happier, healthier and more fruitful life. In this eBook you will learn about various potent practices which will help you in mastering meditation and mindfulness. Yoga nidra, Anter maun, Mindfulness, Transcendental meditation, Guided meditation, Buddhist meditation and Chakra meditation are power-packed practices that can help you to think positively and to be tension free. Meditation and mindfulness helps in healing the body and mind. You will learn how to become a master of your thoughts, reach deep into your subconscious to discover your real self and find true meaning of life. This Book will uncover your inner self, layer by layer, till you become totally aware of yourself. This will ultimately lead to everlasting joy and bliss in your life.

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