



Secrets of Meditation: A Practical Guide to Inner Peace and Personal Transformation

davidji

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For thousands of years people have tried to tap into the stillness and silence that rests within to discover their deeper selves. In *Secrets of Meditation*, davidji takes you there, demystifying the practice along the way and guiding the reader on an epic journey into your own consciousness. Whether you are new to meditation, a crisis meditator, or someone who has been meditating for years, *Secrets of Meditation* will take your practice, and your life, to the next level.

In this insightful book, davidji shares his own meditation journey along his own path to awakening and shares the impact it can have on your physical health, your relationships, your emotional well-being, and your spiritual life. As the secrets to an effortless meditation practice are revealed, you will unlock the door to your own personal journey and discover what is actually supposed to happen when you close your eyes.

davidji shares the wisdom of the ages in a very accessible and entertaining style—demystifying rigid commandments, revealing the five greatest myths of meditation, and illuminating the most powerful rituals to weave a practice into your day. *Secrets of Meditation* will have you meditating in minutes, setting powerful intentions for each day, and living a happier, easier, and more fulfilling life.

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