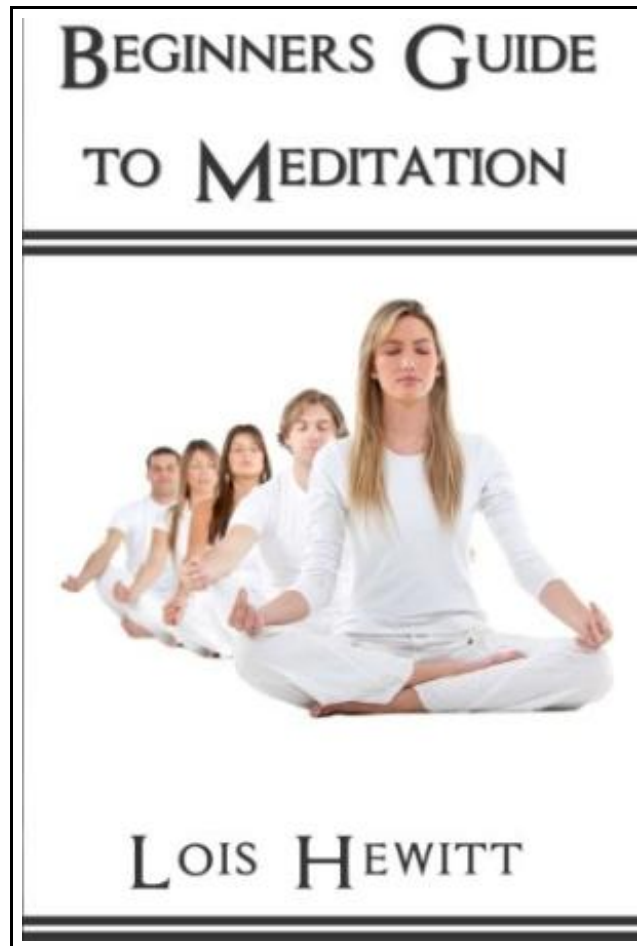


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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Meditation and yoga are the most ancient part of the science of living. Among their many other benefits they are timeless answers to the age-old problems of stress whose increasingly all pervasive nature, duration and intensity are affecting the health and happiness of more and more people. Even apart from its spiritual dimension, meditation has been shown to be able to play part in relieving a host of mind-made illnesses, from anxiety to heart disease. By giving this brief but clear introduction to a broad range of meditative techniques, which can help people to find the path most suitable for them, Lois Hewitt has encouraged many people to take an interest in meditation, and make it part of a health-promoting lifestyle. But if its popularity is recent, meditation itself is not. It has been practised for thousands of years by mystics as a way to increased spiritual awareness, leading eventually to the direct experience of God or ultimate reality. Meditation is found in one form or another in almost all religions, including Christianity, although its practice is considered more important in some Eastern religions, for example Buddhism and Hinduism. While most systems of meditation developed within a religious or mystical context, the actual practice does not, in fact, involve acceptance of any religious or philosophical beliefs. Meditation is a mental discipline and most techniques can be used by anyone, whatever their personal philosophy. The main reason for the rapidly increasing popularity of meditation is that regular practice has been found to improve mental and physical health. There is now scientific evidence for the physiological and psychological benefits of meditation, and many doctors and therapists recommend...



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