



Journey of Awakening: A Meditator's Guidebook

By Ram Dass

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

Ram Dass is an American psychologist and spiritual teacher who has studied and practiced meditation for many years. Here he 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 and often humorous advice on overcoming difficulties along the way.

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From the Inside Flap

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