



## Inviting Silence: Universal Principles Of Meditation

By Gunilla Norris

BlueBridge. Paperback. Book Condition: new. BRAND NEW, Inviting Silence: Universal Principles Of Meditation, Gunilla Norris, The basic principles of meditation and mindful living are explained in this guide for everyday living. The deep and abiding qualities of silence and the foundation of true spiritual experience are explored, and the need to make conscious choices in daily life to ready oneself for meditation is illuminated. This book also provides individuals with all the particulars of good meditation practice and explains the challenges and rewards of group meditation. Ideal for individuals and spiritual friends to use alone or with one another, this text is a thoughtful primer on finding silence and a practical manual on meditation for seekers of every persuasion.



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