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includes index

this kit contains what you need to practice meditation a 120 page illustrated book 4 meditation cards in full color an audio tape of mantras and natural sounds and a meditation candle with these aids you will learn the principles and want to make meditation part of your daily life for meditation to be successful your mind must focus to make this easier for beginners 4 meditation themes have been selected the tape of mantras and natural sounds and the meditation cards reinforce each of the themes and the candle allows single

point focus exercises the book is filled with info on techniques and guidelines on what to do to reach the required meditative state

the dalai lama is the spiritual and temporal leader of tibet a nobel peace prize winner and a bestselling author here is his first ever personally authorized home worship center a beautifully boxed kit with everything needed to create a space for meditation and peace of mind a statue of the lord buddha die cut images symbolizing compassion wisdom and energy an instructional book by the dalai lama himself a copy of the sacred text the heart sutra and a set of 18 decorated devotional cards you ll attain ever greater spiritual awareness

provides everything needed to practice meditation successfully in everyday life the book gives useful background information on this ancient art and how it can be used today to promote well being

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