



# Meditation Tips 'n Techniques: Simple Meditation Methods, Guides & Aids

*Gordon Burnham*

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NOTE: If you read and like this book please post a review below. Customer reviews are effective and very much appreciated. Thank You. "This is an excellent source of wise counsel from someone who knows the path intimately himself." ~ Stephan Bodian, Author, "Meditation for Dummies" This book was written for all who are drawn to meditation and especially for those who have met with difficulty maintaining their practice. Its purpose is to provide support, encouragement, and inspiration for all who have embarked on the wonderful journey of meditation, and for all who are considering doing so. A variety of simple meditation techniques are offered to help both novices and adepts move through obstacles and enhance their practice. Several areas of this book also address the questions of why we might want to meditate, what are the benefits beyond stress-relief and good health, and what might we expect at various stages of our practice? The underlying philosophy of meditation is also explored and explained in simple, clear terms. Many people are attracted to meditation and embrace it with enthusiasm, only to find that at some point they have become disenchanted and unable to maintain their practice. Even in spiritual communities where meditation is a core part of the practice and teachings, many silently lament their struggle to integrate meditation into their daily lives. This happens to sincere and dedicated aspirants as well as casual participants. Often, people not only do not know how to remedy this challenge, they are not even aware of the cause. The obvious answer seems to be, "I am not good at this", "It's too boring", "I don't have time", or some other reason that in truth is only a smokescreen for the actual cause. Disinterest due to boredom, or discouragement due to one's apparent failure, are two common and daunting obstacles that are addressed in these pages. There is a pathway through these difficulties and the rewards for persistence well worth the journey. If you already have some experience with meditation you have no doubt encountered a few of the hurdles in the path. Have you ever felt like you were stuck on an endless plateau in your meditation? Or perhaps just unable to move through, or let go of an obstacle? Or, if you are new to meditation, you might be facing the inevitable discovery that focusing the mind is a simple idea, but a formidable task. This book provides effective tools to help you progress, invigorate your enthusiasm and find new joy on your meditation journey. Meditation Tips and Techniques is for experienced meditators and beginners alike. Beginners will find the "Basics of Meditation" section helpful in gaining understanding of the basic principles and underlying philosophy. The exercises in the "Tips n' Techniques" section are easy to incorporate into your meditations as needed or desired. Those who are experienced in meditation will find a fresh perspective and approach to remedying the obstacles and challenges that arise in meditation. Experienced meditators may also find unexpected nuances and helpful information in the "Basics of Meditation" section. Meditation is challenging, yet the benefits and rewards are far greater than most endeavors of humankind.

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