



**Meditation: A Collection of Meditation Techniques
for a Complete Beginner: Learn to Live Without
Fear and Anxiety ? Awaken your Mind
(Meditation, ... Transcendental Meditation,
Mindfulness, Zen)**

Joseph Gibbins

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Meditation - It brings focus to the inner being so that there will be love and acceptance of the true self. The growing interest in the practice of meditation is actually a cry for help for many individuals who are drowned and overwhelmed with the rigors of daily life. Today's modern way of living is filled with so many stressors that set off negative emotions, such as anger, hate, anxiety, frustration and obsessive compulsive behaviors. Social media has bred envy and self-consciousness that turned many individuals unsatisfied with their true self, and to project an image, which is different from what they really are. Meditation has been viewed as a quick, in certain cases, inexpensive and highly beneficial practice to help calm the mind. The main objective is to make a person feel relaxed and at peace at all times, regardless of the surrounding distractions. A person who has trained in the practice of meditation is completely in touch with the inner self and is able to experience a deeper and purer form of happiness. It brings focus to the inner being so that there will be love and acceptance of the true self. It helps develop a person's inner calm and maintain a peaceful frame of mind no matter how chaotic life is. This book will guide you towards the ultimate experience of meditation from the beginning to end. Awaken your mind and finally live your life without fear, anger, self-doubts and anxiety. Here are some of the things you will learn from his book... Learn about the following meditation techniques: Zen Transcendental Meditation Primordial Sound Meditation Kundalini Yoga Mindfulness-Based Stress Reduction Each mentioned meditation technique will also be divided into sections, explaining what it is, what are the prerequisites for its practice, as well as its possible restrictions and precautions, and finally the actual technique will be given and discussed ! Do you want to change your life for the better? Do you want to learn about the meditation techniques that will help you become a new, changed individual? Download your copy today! Discount for a limited time only!!! Tags: Meditation for Beginners, Meditation, Mindfulness, Mindfulness for beginners, Vipassana, Vipassana for beginners, Zen, Buddhism, Anxiety relief, Stress Relief, Peace, Awakening, Enlightenment, Buddha, Spirituality, Tranquility, Calmness, Mindfulness meditation for happiness, Clarity, Joy

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