

Meditation Kit: Everything You Need to Relax and Rejuvenate

Devereux, Charla

Note: This is not the actual book cover

The Meditation Kit Everything You Need To Relax And Rejuvenate

Huangqi Zhang



The Meditation Kit Everything You Need To Relax And Rejuvenate:

The Meditation Kit Charla Devereux, Fran Stockel, 2002-01-01 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

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