



# The Heart Meditation Living Ebence Tapes Series

**Puran Khan Bair**



### **The Heart Meditation Living Essence Tapes Series:**

*Living from the Heart* Purnan Khan Bair, 1998-06-30 *Living from the Heart* introduces an innovative Sufi based meditation method for improving daily life. Through becoming mindful of the heartbeat, readers will be able to create a deep state of stillness and alertness, improve physical health, enhance intuition, and concentrate personal power. Bair illustrates the effectiveness of his program with stories of clients he has helped and with ancient teaching stories from the Sufi masters. Heart Rhythm Meditation is suitable for beginners as well as experienced meditators looking to expand their practice.

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