

The background of the cover is a photograph of a bright sun in a clear blue sky. The sun is positioned in the upper left quadrant, and its light creates a soft glow. In the lower right, the dark silhouettes of reeds or grasses are visible, extending from the bottom edge towards the center. The sun and the reeds are reflected in a body of water, which is represented by the lower half of the image. The reflection of the sun is a bright, circular shape in the sky, and the reflection of the reeds is a dark, mirrored shape in the water. The overall composition is balanced and serene.

# The Heart of Meditation

pathways to a deeper experience

Swami Durgananda

# The Heart Of Meditation Pathways To A Deeper Experience

**M Walker**



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