



Meditation for Dummies: Simple Meditation Techniques to Inner Peace, Your Daily Meditation Guide to Stop Stress (Paperback)

By Natalie Kordon

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The Ultimate Guide to Meditation Techniques We are all different. That is the beauty of creation. Diversity in unity. Some people are dynamic and like to be in the action all the time, others are contemplative and laid-back; some are compassionate, gentle and loving, others are firm, determined, and strict; some are cheerful, playful, and spontaneous, while others are serious, rule-followers, disciplined. Yet, all together have one thing in common: humanity, spirit, consciousness. That is why different people will prefer different types of meditation. We can't all go by one shape or color. We have each our unique combination of tastes, inclinations, tendencies, qualities, preferences, affinities. That is why you will prefer one type of meditation and you might prefer a very different one. You should choose the meditation that fits best to your personality, so you love and enjoy doing it. You don't have to force into it. You have to flow with it. You have to make a perfect match. So, try different meditation techniques, narrow them down by your attractions. Then, stay with one or two, or...



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