

Twenty-Five Doors to Meditation: A Handbook for Entering Samadhi



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Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

(Prof. Ophelia Wiegand I)

TWENTY-FIVE DOORS TO MEDITATION: A HANDBOOK FOR ENTERING SAMADHI



Red Wheel / Weiser. Paperback. Book Condition: New. Paperback. 274 pages. Dimensions: 8.4in. x 5.5in. x 0.9in. Twenty-Five Doors to Meditation is the first guide to provide extensive, comprehensive, and detailed information about a variety of meditation methods. Together, William Bodri and Lee Shu-Mei make sense of that seemingly conflicting information that exists today regarding the path to spiritual enlightenment. Each meditation technique is fully described as is the interrelationship between the different paths to enlightenment. The authors show how Buddhist techniques can be explained through Taoist principles, Christian techniques through Hindu principles, and so on. Each meditation technique is designed to help you attain samadhi, the crux of spiritual development. The Authors explore the scientific basis behind each technique, developmental stages of accomplishment, and each path's effectiveness for entering samadhi. Especially useful is an extensive list of recommended references for the further study of individual techniques. An indispensable book for individuals searching to find the meditation technique that is best for them. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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