



The Path of Meditation, Journal for Spiritual Living, Spring 2013 (The quarterly journal of the Blue Mountain Center of Meditation)

Eknath Easwaran

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The Blue Mountain Journal is a quarterly journal for spiritual living based on Eknath Easwaran's eight-point program of Passage Meditation. The approach is nondenominational, nonsectarian, and free from dogma and ritual. It can be used within each person's own cultural and religious background to relieve stress, heal relationships, release deeper resources, and realize one's highest potential.

This Spring 2013 edition opens with the lead article, "The Path of Meditation," one of Easwaran's earliest presentations of his eight-point program, with inspiration followed by instruction. The article that follows, "Meditation: Questions and Answers", includes frequently asked questions, with new light thrown by fresh answers from our archive of unpublished material. Finally, students who never met Easwaran tell how they find him a living presence in their lives.

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