



# **Meditation: Understanding Meditation (Alternative Medicine, Spirituality, Mindfulness, Zen for Beginners)**

*Ivan Thomas*

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## **Discover the Power of Meditation....**

The theory of meditation is hugely misunderstood across the world; it is neither religious nor spiritual, and nor do you have to sit in a silent and serene place for hours on end with your legs crossed, attempting to picture nothingness and feel the presence of a higher power.

In this modern fast moving world we're very good at unnecessarily overcomplicating life; it is therefore no surprise to hear that we are also very good at complicating the core principles of meditation.

Meditation is in fact, in very simple terms; the ability to fully embrace your consciousness.

**Have you struggled with understanding meditation and how to apply it?**

## **This Book Includes**

- Your Mind
- Basic History of Meditation
- The Science of Meditation
- Modern Day Meditation
- Modern Mindfulness
- Simple Techniques
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- Serious Illness and Disability
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