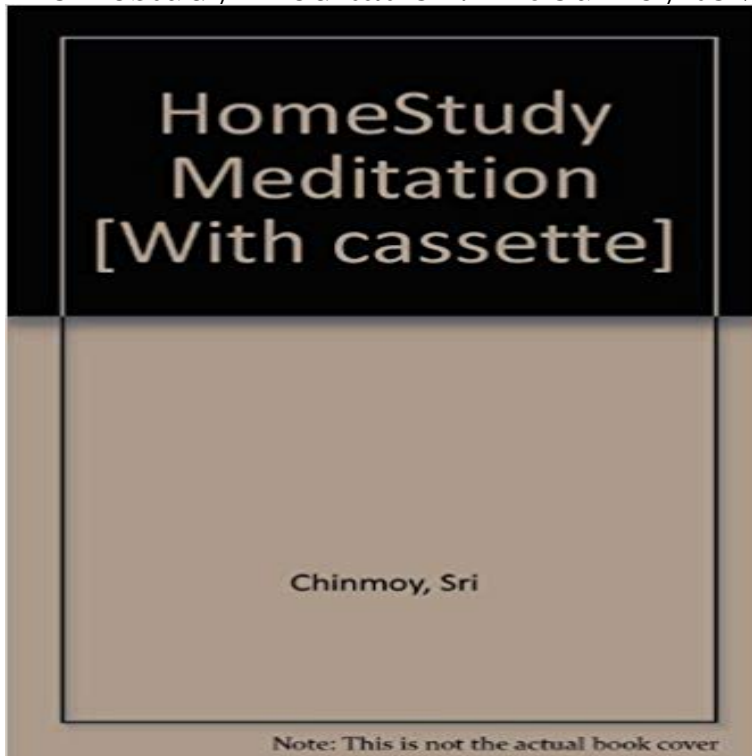


Homestudy Meditation: A Journey to Self-Discovery



This is a four-week step-by-step programme designed to teach the fundamentals of meditation. By means of regular daily exercise, it aims to help the reader eliminate stress, improve physical health, experience peace of mind and discover his/her deepest spiritual self. The pack includes: the book *Meditation* by Sri Chinmoy; a workbook and daily journal, which guides the reader through a 30 day programme; and a 45 minute cassette of flute music for meditation by Sri Chinmoy.

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