

If you've tried to meditate but had difficulty getting into it or you want to begin meditation, this is the book for you. Meditation techniques are described along with relevant self hypnosis exercises to help the meditator relax and focus his or her mind. This is an ideal bridge from a busy mind to meditation. Tips for selecting the right technique and how to properly prepare for a meditation session are presented. This book draws upon the rich tradition with Judaism but there is discussion about how these techniques can be used by anyone regardless of religious belief or for the general purpose of relaxation.

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