

DR GILLIAN ROSS

Relaxation Made Easy

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Mindfulness Meditation Institute



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Meditation Made Easy Preston Bentley, 2014-12-05 There s more to meditation than just rhythmically chanting Om in a seated position inner calm can be achieved through the simplest of actions such as mindfully drinking a cup of tea This guide shows you how to harness the power of meditation in your daily life with a variety of meditation techniques that you can learn and carry out in just a few minutes From breathing exercises that can help you quickly calm down in a stressful situation to mantras that can help you state your intentions for the day every page offers powerful techniques showing you effective ways to boost your mood manage worries and get a good night s sleep Featuring more than 50 easy to follow guided meditations **Meditation Made Easy** helps lead you toward peace tranquility and a more relaxed life **Meditation for Beginners** Mindfulness Meditation Institute, 2019-11-11 If you want to get more Peace in your Life then keep reading Day after day we spent our time distracted from the present moment feeling pushed around by external circumstances It is as if we are not in control of our emotions and with that of our well being We have almost come to the point to think that it is normal to live a stressful existence and to feel constantly disconnected from ourselves But what if that could not be the case What if you could wake up each day feeling in tune with who you are and living every moment with absolute presence Well that is possible but not in the way you might think You see there is no magic pill or supplement that can give you that level of self awareness Nothing you can buy will ever give you the sense of fulfillment and ease you are looking for However the good news is that what you are searching for is already inside you it is just a matter of letting it come to the surface and this book will teach you exactly how to do this Here is what you are going to learn What meditation truly is and why most people have a totally wrong idea of it The only type of meditation you need to learn to get a more peaceful life The secret mantra that The Mother chanted to its followers and how you can use it too The hidden techniques to discover your personal mantra and how to apply it in your meditation The secret practice that allowed Marcus Aurelius to reach enlightenment and how you can use it too even with zero experience Much more Every meditation presented in the book is guided and explained in a step by step fashion that will allow everyone to start meditating today even without prior experience You will not be told to close your eyes and let the magic happen as we know you have heard that a million times by now Every meditation practice presented in the book is extremely straight forward and provides a concrete plan to improve your mental health Have we caught your attention Then scroll up and click the Buy Now button

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