



## Ladder of Abhyasa: Practical Guide to Meditation

By J. P. Vaswani

Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Ladder of Abhyasa: Practical Guide to Meditation, J. P. Vaswani, Do you value inner peace, harmony and serenity? Do you wish to improve your powers of concentration? Perhaps you would like to enhance your creativity; or simply create more time for yourself, by avoiding stress, tension and hassles in all that you do. If your answer to any of the above is yes, it is time you started on 'the ladder of abhyasa', as Dada J.P.Vaswani describes it. When you read Dada's exposition on the art of Meditation, you will realise that it is not just for hermits, renunciates and initiates: meditation is for all of us.Today, meditation is regarded as one of the most powerful tools of healing by medical experts the world over. It alerts the activity of the nervous system in such a way that the creative energy of the individual is recharged. In short, meditation quickens your sympathies, sharpens your perception and helps you to perform your work with greater efficiency. Through meditation, Dada tells us, we can contact a source of tremendous power that is within each one of us - but of which many of...



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