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Inner and Outer Peace Through Meditation

By Rajinder Singh

Radiance Publishers, United States, 2013. Paperback. Book Condition: New. 213 x 140 mm. Language: English . Brand New Book. I greatly appreciate Sant Rajinder Singh Ji s contribution here to the goal of peace that we are all working towards. -- H.H. the Dalai Lama Imagine you are carrying a private retreat around inside you--a sanctuary you can visit whenever modern life gets too much. Imagine contentment and freedom from fear--whenever you wish it. You are imagining the peace of body, mind, and soul that meditation can bring you. This outstanding meditation handbook is by one of the world s greatest spiritual teachers, Sant Rajinder Singh Ji Maharaj. His deep wisdom and sympathetic advice, together with the simple exercise techniques he teaches, have brought spiritual benefits to millions. Now he can help guide you on the path to divine love and fulfillment. Whether you are already meditating or a complete beginner, young or old, Sant Rajinder Singh s easy-to-read manual will help you achieve personal transformation. As a result, you can contribute to outer peace and the raising of global consciousness. Rajinder Singh s new book is food for the soul. It is an inspiring and informative source that speaks to...



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