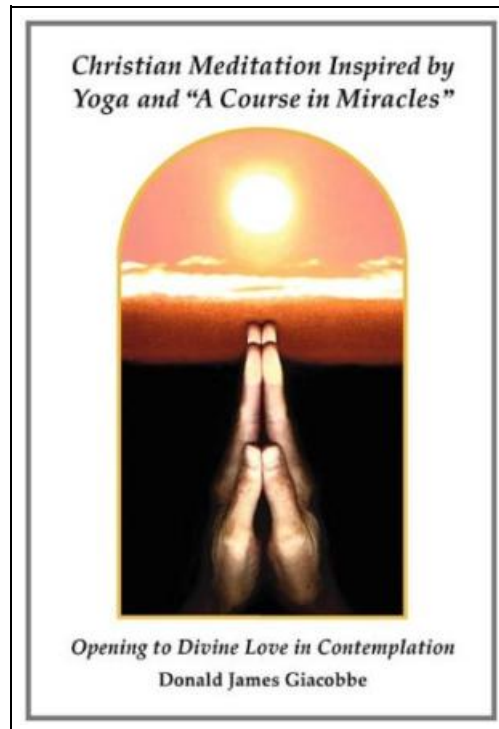


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Miracle Yoga Services, United States, 2011. Paperback. Book Condition: New. 231 x 155 mm. Language: English . Brand New Book ***** Print on Demand *****.Christian Meditation is a sacred activity nourishing your faith that the Kingdom of God is within you. This comprehensive instruction manual presents unique meditation techniques inspired by yoga that include coordinating the breathing and focusing on different parts of the body. These meditation methods are integrated into an entirely Christian context in which the number one priority is reliance on the action and grace of the Holy Spirit. This book is divided into four parts: Part one describes clear and structured practices of Christian meditation, including the option of a 28-day meditation schedule for beginners to make a specific commitment to their inner spiritual growth. Part two provides guidelines for how intermediate meditators can deepen their meditation experience. Part three focuses on meditation related to overall spiritual growth. Part four shows how to practice meditation as a way of inwardly forgiving yourself as it is described in the philosophy of A Course in Miracles. Although the word yoga is usually translated as union, it can also be interpreted as integration. The overall effect of combining traditional Christian attunement methods and nontraditional meditation techniques inspired by yoga is to bring about an integration and unification of the various levels of your being and to deepen your meditation experience. However, these methods are only the beginning of this integration and unification process. The purpose of these meditation techniques is to prepare you for entering wordless contemplation, which is an experience of resting in the embrace of divine love. During contemplation there is an overshadowing of the Holy Spirit in which the mind becomes still without needing a specific focusing object. Through contemplation the Holy Spirit can lead you...



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