



## The Art Of Basic Meditation

*Victor Ramsey*

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"The Art Of Basic Meditation" focuses on providing the individual that does not have a working knowledge of the process of meditation to be better able to understand the processes and better determine whether or not they will be able to make the decision as to whether or not they want to start practicing it. The author takes the reader through the basic tenets of meditation step by step and even outlines some basic exercises that the reader can try. Very unique feature of this publication is its entire unbiased point of view - there were no religious or even spiritual colors in its that normally disturb the natural flow and elaboration of the subject matter such as meditation. Quite a number of persons are of the belief that mediation is a supernatural or dark practice and as a result of that it ought not to be practiced. This text really gives a true definition of what meditation is. It is a great starter text for the individual that is new to meditation and it really does help get them prepared to go to the next phase of the practice.

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