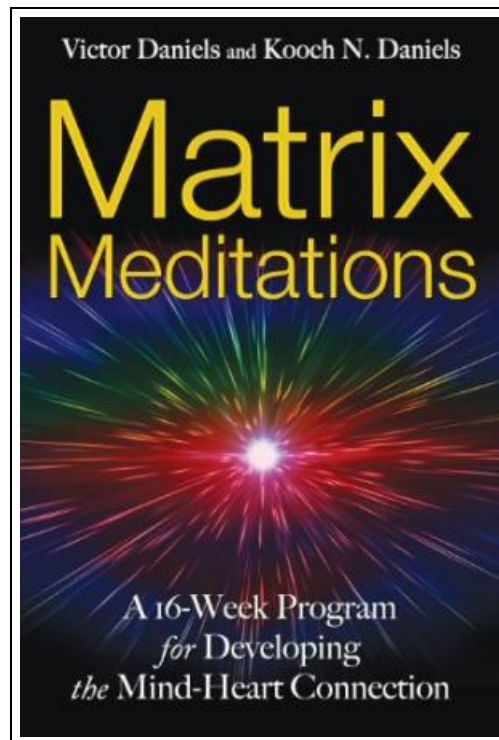


Matrix Meditations: A 16-Week Program for Developing the Mind-Heart Connection (Paperback)



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Reviews

Extensive guideline! Its this kind of very good study. It really is full of knowledge and wisdom I discovered this book from my i and dad encouraged this publication to understand.

(Mr. Jerry Littel)

MATRIX MEDITATIONS: A 16-WEEK PROGRAM FOR DEVELOPING THE MIND-HEART CONNECTION (PAPERBACK)



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Inner Traditions Bear and Company, United States, 2009. Paperback. Condition: New. Original ed.. Language: English . Brand New Book. 65 dynamic meditation techniques for manifesting your desires and multiplying the power of your mind - Contains meditation practices from both Eastern and Western traditions - Includes proven techniques for increasing mental clarity, replacing negative behaviors that have become habits, and realizing your desires Matrix Meditations offers dynamic meditation practices derived from both Eastern and Western spiritual traditions to develop intuition, manifest desires, and empower the self by forging a strong heart-mind relationship. The authors provide a systematic 16-week program that is designed to develop heightened awareness and deeper states of consciousness for readers with any level of meditation experience, moving from lessons in classical Eastern techniques to advanced levels that employ methods not found elsewhere. Four key forms of meditation are used in the book: concentration, mindfulness, contemplation, and adventures in awareness. These are applied to specific practices that range from improving mental clarity and memory to replacing self-limiting patterns of thinking and behaving in which you may be trapped. Each of the 65 meditations offers a doorway into a different chamber of your consciousness and an opportunity to learn more about your physical, mental, emotional, and spiritual nature. The matrix can also be used as an oracle to guide you to the most valuable meditation you need for the present moment--be it love, balance, conflict, dreams, renewal, or celebration. These meditation techniques are designed to create healing and harmony between the mind and emotions, allowing you to attain not only greater financial and emotional security and well-being but also life-long spiritual growth.



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