

MOUNI SADHU



# Meditation

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The term 'meditation' has become popular since the beginning of this century. In spite of the many books written on this theme, people seriously interested have had to wait for a really practical, comprehensive work to give them a right starting point and the knowledge leading to its achievement.

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Apart from providing material for study, the inestimable value of the book lies in the way in which it treats the subject from every possible angle and from an interdenominational approach. In this way adherents of any religion or any philosophic system will not fail to find suitable themes and instructions.

Initiatory teachings about the mind, its workings and possibilities; the origin and control of the thinking processes; human destiny and the true aim of life, are accompanied by a logical and scientific exposition of those exercises needed for the development of the meditative processes.

In brief, many will find in *Meditation* the work for which they have been seeking and longing ever since they realized the necessity for taking their destiny into their own hands.

*Meditation*

Mouni Sadhu

George Allen & Unwin Ltd.

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# *Meditation*

AN OUTLINE FOR PRACTICAL STUDY

BY

MOUNI SADHU

London

GEORGE ALLEN AND UNWIN LTD

RUSKIN HOUSE • MUSEUM STREET



FIRST PUBLISHED IN 1967

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PRINTED IN GREAT BRITAIN  
in 11 on 12 point *Juliana* type.  
BY CLARKE, DOBLE AND BRENDON LTD  
PLYMOUTH

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