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Spiritual Autobiography and Meditation Handbook: Chronicles Journey to Experiencing True Self and Describes Techniques to Begin or Deepen Meditation Practice.

By Emerson D Brooking Ph D

Panther Brook Spiritual Center, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Introducing the Serenity Meditation. In 1985, while visiting Chaing Mai, in northern Thailand, the author asks a monk to teach him meditation. The monk replies that he cannot, but his teacher might. His teacher is Chief Priest of Sanpatong. No farang (foreigner of European descent) had ever asked him to teach meditation, yet he readily agrees to teach the author. He speaks no English. During the next month, using the monk as interpreter, he diligently teaches the Serenity Meditation. Initiation into the Serenity Meditation immediately propels the author on a most magnificent journey, transforming his life and consciousness. His drug addiction evaporates and he harvests other fruits of the spirit - a loving, compassionate heart filled with peace and joy. This book chronicles his journey along the spiritual path. It is the journey from identifying himself as a separate body-mind-personality self to experiencing his essential Self as an expression of Infinite Consciousness-Existence. This Spiritual Autobiography and Meditation Handbook describes how he gradually explores layer, beneath layer, beneath layer of his mind and being - sometimes...



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