

The Wisdom of the Breath: Three Guided Meditations for Calming the Mind and Cultivating Insight



The answers to the most profound spiritual questions lie within us - but how do we gain access to our deepest wisdom? Breathing is the gateway to insight, reveals Scottish-born teacher Bodhipaksa, and meditation gives us the key. In *The Wisdom of the Breath*, this master teacher guides listeners through breath-centered meditations for opening to the inner core of spiritual awareness we all possess.

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