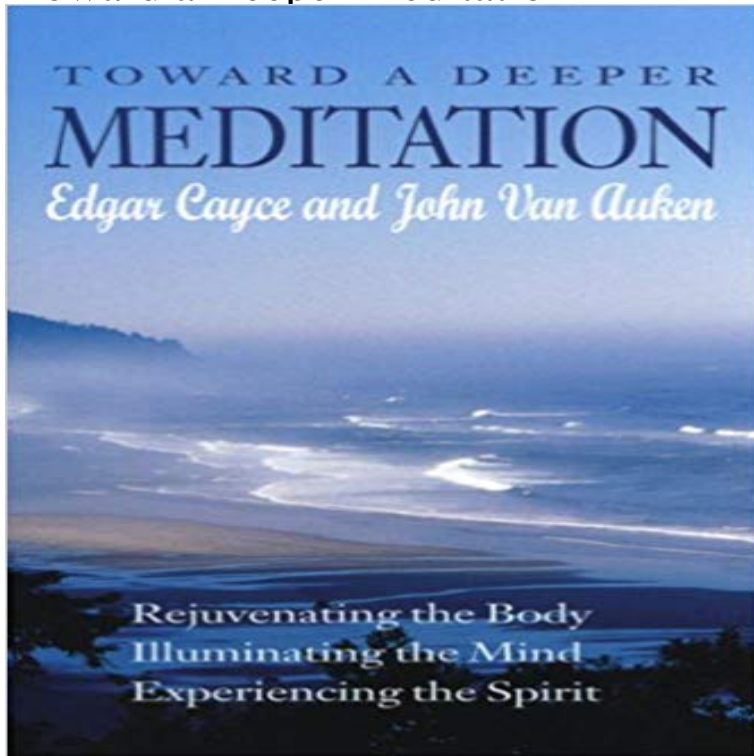


## Toward a Deeper Meditation



The team of Edgar Cayce's teachings and John Van Auken's writings has produced some of the best content on personal spiritual growth and mind-expanding enlightenment for nearly thirty years. This latest effort adds another gem in their long list. For these two authors, meditation is as important as breathing. They take the practice very seriously and yet make it so accessible, so easy to do—and to do effectively. Plus, the spirit with which they approach meditation is inspiring. Few could read this latest book and not begin meditation straight away. Budgeting a little time each day to meditate seems like such a small request when you consider the benefits to one's psyche and physical health. According to Cayce and Van Auken, a little meditation pays big dividends physically, mentally, and spiritually, and it attracts the right opportunities and relationships for a happier, more fulfilling life. From the vital fundamentals to the most sophisticated techniques and concepts, this book delivers. It has focus and perspective. It has classical wisdom and modern know-how. It is a wonderfully inspiring read and a handy manual all in one. It is one of the best that team has published.

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