

The Meditation Bible Definitive Guide To Meditations For Every Purpose Madonna Gauding

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The Meditation Bible by Madonna Gauding is a compact book aimed at beginners to meditation. I agree with some of the tips at the beginning of the book, but others seemed grounded in materialism such as buying special pillows or beads to assist with meditation. One only needs a quiet space and some time in order to meditate.

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The Meditation Bible Definitive Guide

I have been into the arts of Tai Chi, Qigong, Yoga, Reiki, hypnosis, self-hypnosis and meditation for more than sixty years. When I saw this fantastic 400 page soft cover book (The Meditation Bible: the definitive guide to meditations for every purpose by Madonna Gauding) on Amazon for a bargain price I immediately purchased it.

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