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Inviting Silence: Universal Principles Of Meditation

By Gunilla Norris

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Inviting Silence 1st edition. Universal Principles of Meditation. EISBN: 1933346655. The basic principles of meditation and mindful living are explained in this guide for everyday living. The deep and abiding qualities of silence and the foundation of true spiritual experience are explored, and the need to make conscious choices in daily life to ready oneself for meditation is illuminated. This book also provides individuals with all the particulars of good meditation practice and explains the challenges and rewards of group meditation. Ideal for individuals and spiritual friends to use alone or with one another, this text is a thoughtful primer on finding silence and a practical Inviting Silence book. Read 9 reviews from the world's largest community for readers. The basic principles of meditation and mindful living are explained... Goodreads helps you keep track of books you want to read. Start by marking "Inviting Silence: Universal Principles of Meditation" as Want to Read: Want to Read saving... Want to Read. A writer, therapist and meditation teacher, Norris pens an invitation and a challenge: be still. She writes for those who begin to experience spiritual yearning, as opposed to those who are already students somewhere along the spiritual path. As such, her instructions on beginning to meditate "becoming acquainted with and comfortable in silence" are simple and gradual. Having long been an avid reader of everything Gunilla Norris has written, I was thrilled when 'Inviting Silence' came out in 1994. It is simple, practical and very accessible. Everything I loved in 'Sharing Silence' is not only there but is enhanced with that lovely translucent clarity so outstanding in what Gunilla Norris writes. Read "Inviting Silence Universal Principles of Meditation" by Gunilla Norris available from Rakuten Kobo. The basic principles of meditation and mindful living are explained in this guide for everyday living. The deep and abiding qualities of silence and the foundation of true spiritual experience are explored, and the need to make conscious choices in daily life to ready oneself for meditation is illuminated. Buy the eBook. List Price. The basic principles of meditation and mindful living are explained in this guide for everyday living. The deep and abiding qualities of silence and the foundation of true spiritual experience are explored, and the need to make conscious choices in daily life to ready oneself for meditation is illuminated.