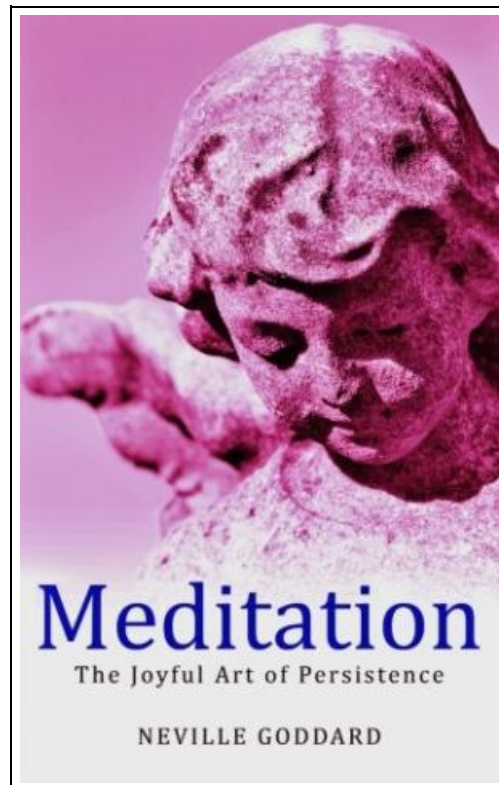


## Meditation: The Joyful Art of Persistence (Paperback)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A controlled imagination and steadied attention, firmly and repeatedly focused on the idea to be realized, is the beginning of all magical operations. A lot of nonsense has been written about meditation. Most books on the subject get the reader nowhere, for they do not explain the process of meditation. Many people tell me they cannot meditate. This seems to me a bit like saying they cannot play the piano after one attempt. Meditation, as in every art or expression, requires constant practice for perfect results. So it is with meditation. If we practice this habit with joy, we perfect it as an art.









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