



# The Sivananda Companion to Meditation: How to Master the Mind and Achieve Transcendence

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## **The Sivananda Companion to Meditation: How to Master the Mind and Achieve Transcendence**

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### **Realize the Power and Eternity of Every Moment**

"Meditation is a continuous flow of perception or thought like the flow of water in a river."

SWAMI VISHNU-DEVANANDA

An integral part of all forms of yoga, meditation is an important key to achieving peace of mind in our increasingly chaotic lives, with regular practice enhancing mental, physical, and spiritual well-being. *The Sivananda Companion to Meditation* outlines a simple step-by-step guide to the practice of meditation and shows you how to make it a part of your everyday routine. You will learn about the beneficial effects of meditation, including how this powerful art will help you to

- Reduce stress and experience greater clarity of mind
- Treat health problems, ranging from depression and anxiety to insomnia and chronic pain
- Develop your powers of concentration and positive thinking
- Lead a more balanced life in tune with the fivefold path as taught by the Sivananda Yoga Vedanta Center

*The Sivananda Companion to Meditation* is geared to beginners as well as those already experienced in the art of meditation. Regardless of your level, this book will help you to attain a state of profound clarity and serenity that will change your life.

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