



Meditation: A Simple Eight-Point Program for Translating Spiritual Ideals into Daily Life

Ekknath Easwaran

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This is the (second) Out of Print edition. The current edition is the third edition titled "Passage Meditation"

This handbook of meditation practice is a complete guide to a unique approach to tapping inner resources by training concentration on inspirational passages. Meditation and the Eight-Point Program that compliments and supports it can be used by anyone who wants to. Eknath Easwaran came to the United States in 1960 on the Fulbright exchange program and established the Blue Mountain Center of Meditation in Northern California in 1961. His 1968 Berkeley class is believed to be the first accredited course in meditation at any Western university. His deep personal experience and his love for his students have made the ancient art of meditation accessible to those who hold jobs and live active lives among friends and family.

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