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The book that bestselling meditation teacher Sharon Salzberg raves “ brings the path of meditation to life,” The Mind Illuminated is the first how-to meditation guide from a neuroscientist who is also an acclaimed meditation master. This innovative book offers a 10-stage program that is both deeply grounded in ancient spiritual teachings about mindfulness and holistic health, and also draws from the latest brain science to provide a roadmap for anyone interested in achieving the benefits ...

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The Mind Illuminated: A Complete Meditation Guide ...

The Mind Illuminated is exactly what it says it is - a complete meditation guide. The book delivers an introduction to Culadasa, the numerous benefits practicing meditation has on one, along with his perspective on it, drawing knowledge from the worlds of neuroscience and Buddhism.

The Mind Illuminated: A Complete Meditation Guide ...

Overview. A revolutionary, science-based approach to meditation from a neuroscientist turned meditation master, The Mind Illuminated is an accessible, step-by-step toolkit for anyone looking to start—or improve—their daily meditation practice. The book that bestselling meditation teacher Sharon Salzberg raves “brings the path of meditation to life,” The Mind Illuminated is the first how-to meditation guide from a neuroscientist who is also an acclaimed meditation master.

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The Mind Illuminated is a comprehensive, accessible and - above all - effective book on meditation, providing a nuts-and-bolts stage-based system that helps all levels of meditators establish and...

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“A systematic, hands-on manual, The Mind Illuminated will be a great help to anyone who

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wants to completely fathom the process of meditative development in all its stages. Culadasa gives us the full conceptual framework together with complete instructions for putting it into play.

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Western audience. While sitting, open this practice guide to the stage corresponding to your current level of practice.

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