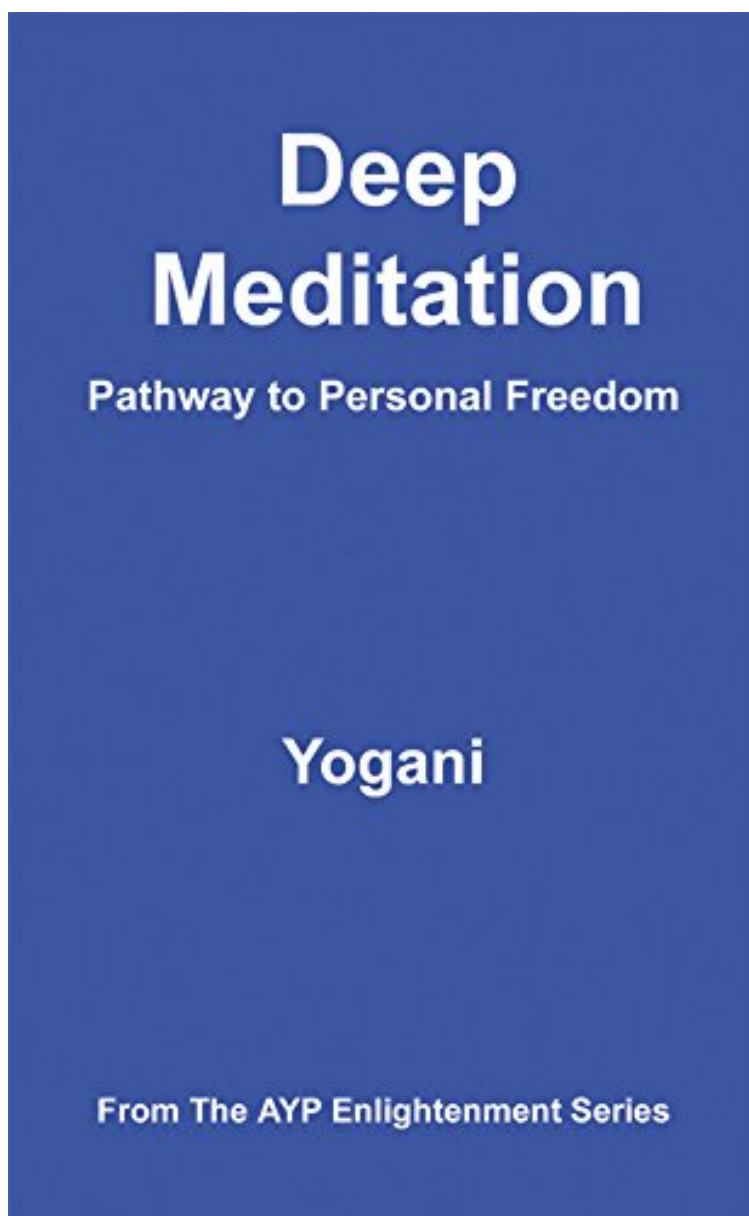


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# Deep Meditation - Pathway to Personal Freedom (AYP Enlightenment Series Book 1) (English Edition)



*Par Yogani*  
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## Description :

Prsentation de l'diteur"Deep Meditation" is a concise step-by-step instruction book for a simple yet powerful method of daily meditation that will systematically unfold inner peace, creativity and energy in daily life.

Whether you are seeking an effective tool for reducing stress, improving your relationships, achieving more success in your career, or for revealing the ultimate truth of life within yourself, "Deep Meditation" can be a vital resource for cultivating your personal freedom and enlightenment. Yogani is the author of two landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a powerful spiritual novel. The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. "Deep Meditation" is the first in the series. Presentation de l'auteur "Deep Meditation" is a concise step-by-step instruction book for a simple yet powerful method of daily meditation that will systematically unfold inner peace, creativity and energy in daily life. Whether you are seeking an effective tool for reducing stress, improving your relationships, achieving more success in your career, or for revealing the ultimate truth of life within yourself, "Deep Meditation" can be a vital resource for cultivating your personal freedom and enlightenment. Yogani is the author of two landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a powerful spiritual novel. The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. "Deep Meditation" is the first in the series. Biographie de l'auteur Yogani is the author of the Advanced Yoga Practices (AYP) system, including more than a dozen Instructional Titles available in Paperback, Kindle eBook and AudioBook editions, covering all aspects of Full-Scope Yoga Practice. Since 1970, he has crossed the lines between many traditions, developing an effective integration of methods including Deep Meditation, Spinal Breathing Pranayama, Hatha, Kundalini, Tantra, Self-Inquiry, and more. It is a flexible, scientific approach rather than a rigid, arbitrary one, and open to public scrutiny, as all spiritual knowledge should be nowadays. He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone. He wishes to remain anonymous, preserving a quiet life in practices. AYP is not about the author. It is about all who long for knowledge.