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Nota di contenuto	Page légale -- Table des matières -- Avant-propos -- LEÇON 1. Pourquoi méditer? -- LEÇON 2. Qui suis-je? -- LEÇON 3. La conscience d'âme -- LEÇON 4. Ce qu'on appelle l'esprit -- LEÇON 5. Maintenir l'équilibre -- LEÇON 6. Le karma -- LEÇON 7. L'Être suprême -- LEÇON 8. Le temps n'attend personne. Vraiment? -- LEÇON 9. Les huit pouvoirs -- Pour conclure -- L'auteure -- Les Brahma Kumaris -- Quelques adresses -- Quatrième de couverture
Sommario/riassunto	This book, 'Practical Meditation: Spiritual Yoga for the Mind,' is a comprehensive guide to meditation based on the teachings of the Brahma Kumaris. It aims to introduce readers to the practice and benefits of meditation, particularly through Raja Yoga. The book is structured into lessons that explore essential themes such as self-awareness, soul consciousness, maintaining balance, and understanding karma. It provides practical exercises and insights into meditation as a tool for achieving inner peace and mastering the mind's power. Intended for individuals seeking to navigate life's complexities and enhance their mental well-being, it emphasizes the transformative potential of consistent meditation practice integrated into daily life.