



## Nameless Light - Your Spiritual Inner Guide (Paperback)

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By BeatPulse Media, Jay R. Charles

Lulu.com, United Kingdom, 2016. Paperback. Book Condition: New. 210 x 148 mm. Language: N/A. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I close my eyes, sit comfortably, and begin counting. Inhale one, inhale two, inhale. Am I doing this right? I guess so, I m already on.oh three. Inhale four. Now, am I supposed to start over at one or just keep going? Inhale one, inhale two, inhale three, inhale four. Wow, I m really getting the hang of this. Oops. Inhale one, inhale two. Did I remember to pay the phone bill? I m sure I did. I m really good at staying on top of my bills. Not like Anna, she s always.Darn, I did it again. Inhale one, inhale two. SOUND FAMILAR MAKES ME LAUGH EVERY TIME The good news is it does get better with practice. The bad news is it can still be a struggle for experienced meditators, especially during busy or turbulent periods in one s life. Luckily, there is more good news. There are some specific things you can do to help you focus and reduce the frustration in your meditation practice. In this information, I would like to offer you practical advice,...



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