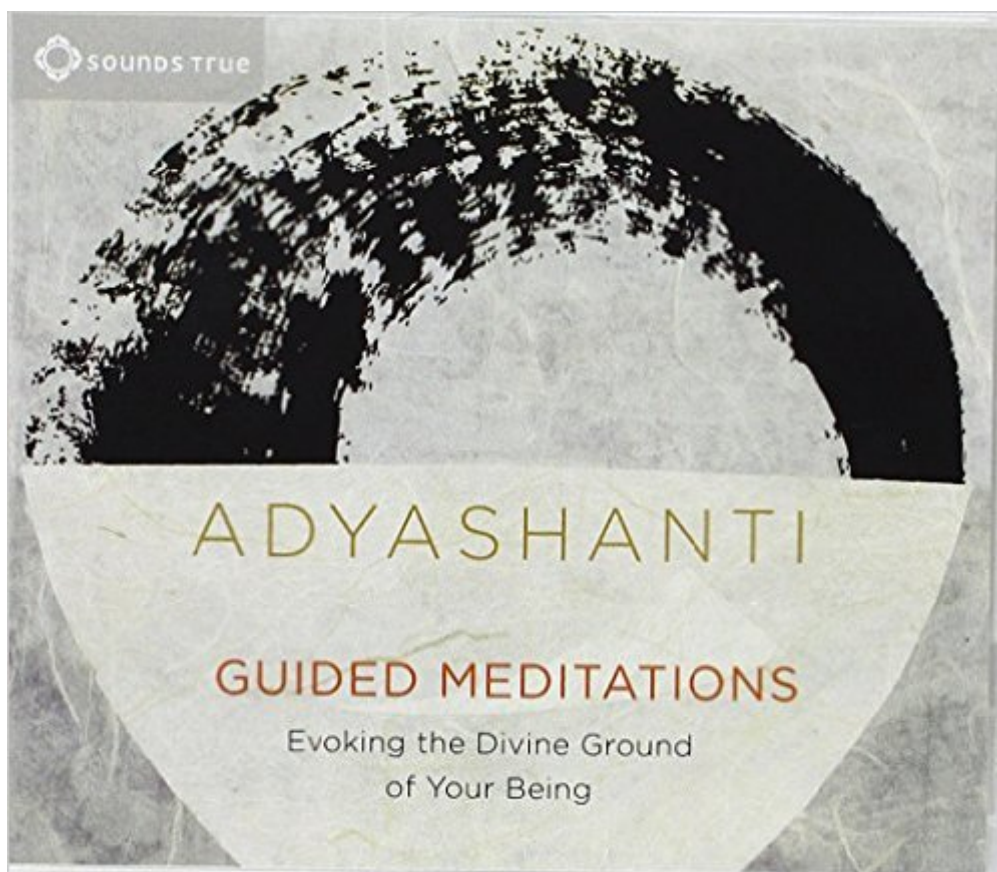


The book was found

Guided Meditations: Evoking The Divine Ground Of Your Being



Synopsis

Beneath all your bustling thoughts and the distracting dramas of the world, an ever-present stillness beckons us to our true home. As Adyashanti says, meditation gives us a doorway to our essential nature-the "divine ground of your being. With Guided Meditations, this leading spiritual teacher offers a four-session audio intensive of meditations for deeply investigating our true nature. Adya begins with foundational practices for opening to inner peace and stillness, then expands our experience with meditations to awaken our deepest wisdom; investigate the edge of our identity; awaken our creative capacity; explore consciousness from the levels of head, heart, and gut; and more.

Book Information

Audio CD

Publisher: Sounds True (October 1, 2015)

Language: English

ISBN-10: 1622035380

ISBN-13: 978-1622035380

Product Dimensions: 5.5 x 0.5 x 4.8 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (2 customer reviews)

Best Sellers Rank: #73,059 in Books (See Top 100 in Books) #31 in [Books > Books on CD > Health, Mind & Body > Relaxation & Meditation](#) #34 in [Books > Books on CD > Health, Mind & Body > Meditation](#) #88 in [Books > Books on CD > Religion & Spirituality > General](#)

Customer Reviews

Adyashanti ALWAYS goes deep to the HEARThe goes above & beyond where other leaders lead.....his intention is ALWAYS to guide you into yourself.....into the ground of your BEING !!

I loved the 3 cds of meditations.

[Download to continue reading...](#)

Guided Meditations: Evoking the Divine Ground of Your Being
Warrior Goddess Meditations: Ten Guided Practices for Claiming Your Authentic Wisdom and Power
Living from Your Center: Guided Meditations for Creating Balance & Inner Strength (Inner Vision Series)
Psychosomatic Wellness: Guided Meditations, Affirmations and Music to Heal Your Body
mind Music for Conducting Study: A

Companion to Evoking Sound: Fundamentals of Choral Conducting/G7359A Coaching: Evoking Excellence in Others,3rd Edition Evoking Sound: Fundamentals of Choral Conducting, 2nd Edition Evoking Sound: Fundamentals of Choral Conducting and Rehearsing Martin Luther: A Guided Tour of His Life and Thought (Guided Tour of Church History) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Anxiety Relief: Guided Imagery Exercises to Soothe, Relax & Restore Balance (Guided Self-Healing) Guided Meditations on the Stages of the Path (with 15 hour mp3 meditation CD) Shakti Meditations: Guided Practices to Invoke the Goddesses of Yoga Native American Healing Meditations: Guided Practices to Invoke the Spirit of Healing Resist Nothing: Guided Meditations to Heal the Pain-Body Reiki Relaxation: Guided Healing Meditations Guided Meditations: For Calmness, Awareness, and Love Shamanic Meditations: Guided Journeys for Insight, Vision, and Healing The Ten Divine Articles of Sri Durga: Insights and Meditations The Divine Comedy (Dante Alighieri's Divine Comedy)

[Dmca](#)