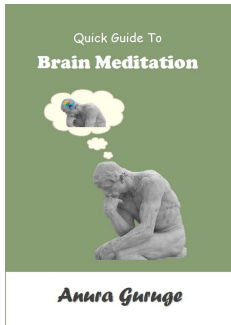


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QUICK GUIDE TO BRAIN MEDITATION EBOOKS 2019



Author: Anura Guruge

Release Date: Expected @@expectedReleaseDate@@

'Brain meditation' is a modern form of meditation. It is a very pure and concentrated meditation technique. It is meant to be done on-the-fly, in background-mode. As such, you do not need to dedicate any specific time for meditation. 'Brain meditation' can be done while you brush your teeth, take a shower, wait in line for a cup of coffee, sit in traffic or at traffic lights. It is, therefore, ideally suited for today's fast-paced mobile age. Lack of time will never be an impediment. 'Brain meditation', per its name, is extremely brain-centric. The brain is the focus of all forms of meditation. 'Brain meditation' recognizes this and goes right to the source – i.e., your brain. There are no frills, there are no intermediaries. This is a meditation technique that is all about you and your brain. You don't need to sit cross-legged. You don't need to spend 20-minutes in a darkened room. You don't need to burn any incense. You don't have to wear any fancy yoga-pants. You can do – and should do – 'brain meditation' in the shower (or when taking a bath) in the buff. 'Brain meditation' is all about focusing, centering and grounding your brain/mind vis mindful thinking. Where it differs, majorly, from other forms of meditation is that you don't do this 'calm the mind' just once a day or four times a week. You do it, for a few seconds at a time, multiple times a day. That, if you think about it, is not a bad idea. What is the point of having 20-minutes of calmness at the end of a hectic day? Wouldn't it have been better if you could have snatched some respites of calmness throughout your hectic day – to help you out. Well, that is what 'brain meditation' is all about. Meditation on-the-fly, throughout the day, in background mode – while you get on with your life. This book is meant to be a self-help guide. Furthermore, it is meant to be a 'Quick Guide'. It is thus written to be 'to the point'. A more detailed description of 'brain meditation' is available, from the same author, in a companion book "Brain Meditation – For True Productivity u0026amp; Serenity". 'Brain meditation' will change your life – for the better! It is extremely easy to practice and master. There is no physical effort involved, whatsoever. It is all done in your mind. Just you and your brain.

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