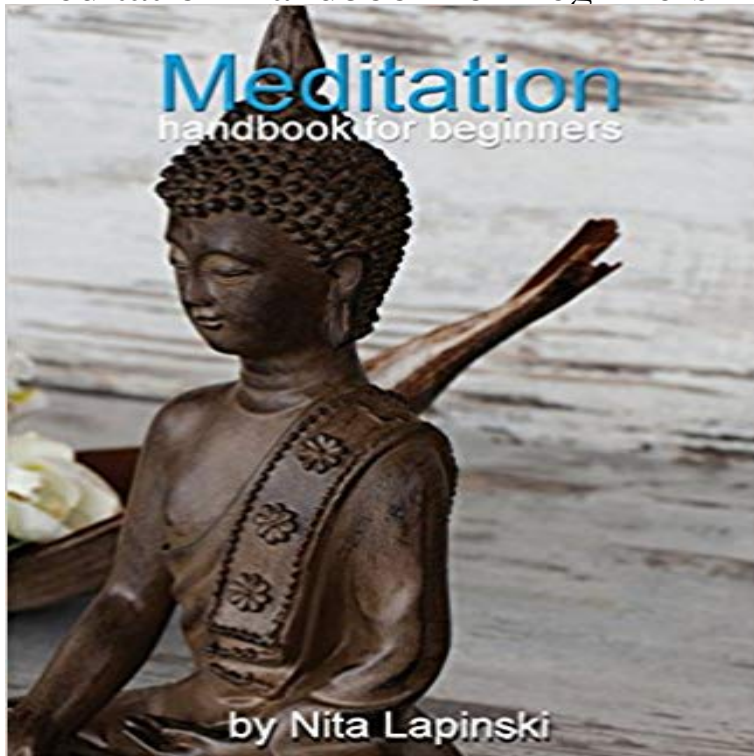


## Meditation Handbook for Beginners



The techniques in this course stem from various philosophies that include teachings from Edgar Casey, Native American traditions, and East Indian philosophy. We have been told for years, clear your mind of all thoughts, or meditate for a half hour to an hour a day. This is sage advice but not always practical in today's world. I found when learning meditation that clearing your mind is nearly impossible. Yet, with continued practice you will achieve a quieted mind but you must be patient. Learn a foundation and make the meditations and how you practice them your own.

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