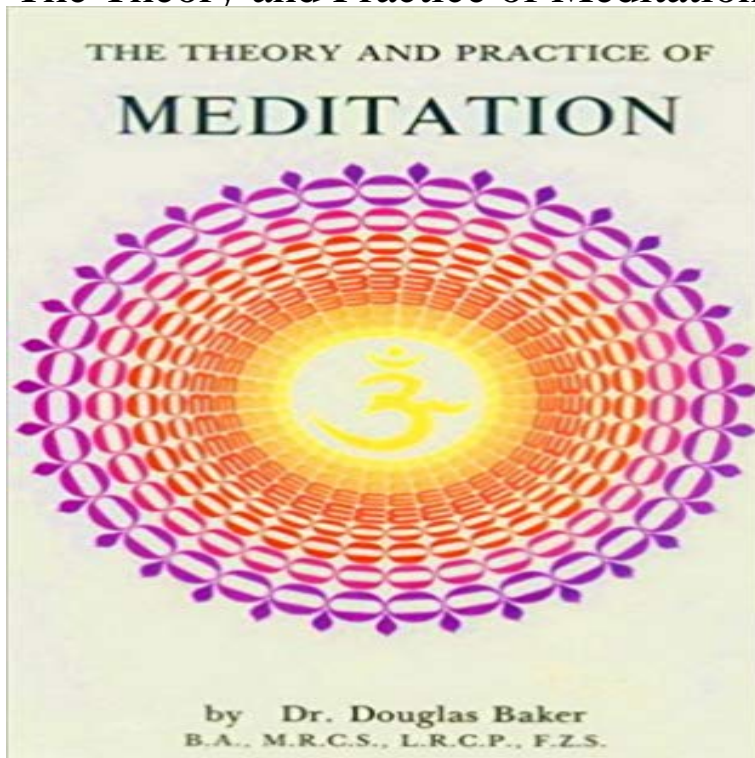


The Theory and Practice of Meditation



The Theory and Practice of Meditation This manual on meditation is one of the best books ever written on this very complex subject. Much material has been written about how to adapt Eastern methods to our Western life, only succeeding in mystifying the whole subject. Dr. Baker, based on his personal experience and that of many of his students, gives here every earnest soul-searching person a clear, no-nonsense approach to meditation. This comprehensive manual prepares you not only via exercises for how-to-do-it, but also equally important in how you fit into the vast scheme of Life and why you really want to reach personality and soul integration! This writing shows you in easy to follow steps the climb towards your Mountain Top. Success is of course directly related to your readiness to provide the self-discipline, sincerity and endurance. Know then, there is no free lunch as some false teachers promise! Understanding of the subject is enhanced by eighty-five pictures and charts, many in colour. The Foreword is written by Lucia, the Lady Forbes (Pupil of Alice A. Bailey and life-long teacher of meditation techniques to young and old)

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