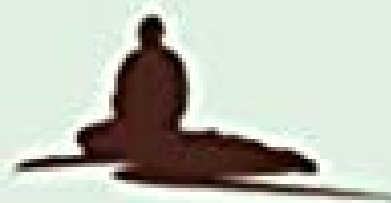


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THOUGHTS

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Paradoxical combination of brevity & Thank you. A must-have publication.. I was wondering if I would ever find anyone who embodied like and created a sense of peace for all those which were around him like Babaji. Meditation is not a fresh subject. Books upon this art are available twelve a dime. A must-have book for anyone interested in meditation - can save you years of incorrect practice that could cause irreparable damage. Overall, the simplicity with which the practical components of meditation is communicated is a testament never to only the writer's complete grasp of the subject but also to his writing prowess which makes esoteric ideas appear relatable. All sorts of meditation have already been explained from a first person perspective which is really awesome. A truly great book, by an absolutely wonderful author. An absolutely great book, by an absolutely wonderful author. And this is strictly what Om Swami and his publication A Million Thoughts give. The beauty of the book is how it's able to cover a complete gamut of topics, suits the entire selection of aspirants (from a novice to an adept meditator), and at exactly the same time somehow miraculously will be able to firmly captivate the readers through its entirety. The writer accomplishes this by adopting a seemingly paradoxical combination of brevity and comprehensiveness in his writing style. It's obvious that every element of the topic matter has been properly chosen and organized with thorough deliberation. In addition, while I have been meditating for three years, it was also very often painful because I possibly could not get past the anxieties associated with sitting still. The author's genuine interest in encouraging aspirants to reap the advantages of this art results in unmistakably in every chapter of the book. Experiential Journey of a Yogi Any body thinking about finding out about themselves should read this book: Om Swami has done an excellent job of relating stories, meaningful Slokas, using charts to monitor, and referring right solutions to Practice. He does therefore with finesse and earnestness. For example he will not mince his phrases with regards to reminding visitors of how arduous the journey can be for serious aspirants. Simultaneously the guy can offer alternatives to individuals who are nearly dabbling with meditation (or have other full-time commitments/priorities). Well, imagine you are reading a reserve on how to reach the summit of Mount Everest. So what's so special about this book?. :) Will come back to write an in depth review. So. I've wait long more than enough, and feel it's easier to compose the review and place it out there instead of wait until I find the correct time (that could take a loooong period given I have three children aged 5 and under that keep me super active!.. Om Swami's books, blog and Black Lotus App have changed my life. 2- There are a few typos in this book. Please keep these things corrected. 3- In the event that you had put few photographs of some handwritten notes on your own experiences in this book it would have been wonderful. Please consider putting something like in this in your own future books. In the third phase, I intend to increase to 8 hours per day. 5- Perhaps you may possibly also put a disclaimer about the benefits. You mentioned that someone meditating for 6 hours a day for six months can be an intense meditator and will have intense outcomes, and so forth and so forth. I have meditated for the first 6 months for 5 hours a day and the second 6 months for 6 1/2 hours each day (2nd phase closing on 23rd Dec). 4- You pointed out that you practiced all of the different types of meditation techniques described in the book, an email to the reader upon what to expect from each kind, what you yourself have experienced would have been of great motivation to the reader. I have not seen any results. I am going to continue this way for few even more years but I jut wish to mention that email address details are not really guaranteed despite immense effort due to either past karmas or the many other reasons. Before I am told that meditation alone is not enough, I'd like to mention that I fast every Monday, maintain verbal silence every Sunday, Feed animals daily morning and evening, donate to various organizations on a monthly basis, donate

blood every three months, and have sponsored the planting of over 160 trees, go to the temple once every week, have reduced my sleep and food quota in the first phase, reduced further in the second phase and can reduce even more in the 3rd phase. Spirited Meditation – Wow!. comprehensiveness! One Stop Shop Meditation This one is a MASTERPIECE! One Stop Look for Everything Meditation! My goal is 3-hour meditations once or twice weekly and 1- to 2-hour daily, for which I find to end up being easily reachable due to this book. What is Meditation? What it isn't? virtues a meditator will need to have, hurdles in meditation, the principles, types of meditation and much more. I have already been doing these exact things all my life but have done it more frequently and with great diligence for the past 12 months. As usual in the most simple terms, Swamiji has beautifully expounded on how best to grasp the art of meditation. There are therefore many myths that I had about meditation, that have been busted after reading this book. Why is it a lot more interesting is certainly that Swamiji provides shared His own experience and anecdotes, which are jaw-dropping, intriguing and humorous at times. If you are really interested in Meditation, each chapter is a treasure house. He explains things in very easy to comprehend vocabulary and from his personal experience. Love the closure where Swamiji has written about the challenges that He faces after having performed 15,000 hours of intense meditation. Wonderfully practical and encouraging. This is for You! Changed my life I've been postponing composing this review as I wanted to spend enough time to really think through what I'd write, and give this book the proper review it deserves. And it's penned by an ace climber who overcame many unsuccessful attempts to get to the pinnacle over the course of a few decades. The best book. I am currently in a 7 month spiritual sabbatical, which book could not attend at a better time. So thankful to have discovered it. I'd definitely recommend this book to anyone who would like to pursue the path of meditation and be handheld to the final stage of Samadhi. How to correctly meditate and put it to use to transcend your mind I actually thought this was an awesome book. It teaches you all about the different types of meditation and how to go about properly practicing them. It dives in to the different degrees of consciousness one can transcend into after rigorously meditating for awhile, along with different yogic practices that may also enhance one's consciousness and meditation practice. It really makes you wish to rededicate your practice and take it to another level with how amazing a few of the higher degrees of consciousness audio. This publication also dives into not just meditation, however the virtues of an excellent mediator, which can only help enhance one's meditation practice along with helping them lead the most noble and fulfilling existence possible. An ideal meditation handbook Lots of different techniques and theory are given, with some funny tales (humor is excellent) thrown in as well. A very pleasurable read. I found this reserve - among all the books on meditation I've ever read - to be the best instruction. About meditation A-Z The writer in his most sensible style has revealed the spectacular aspects of meditation, many of which I had no idea even existed.. Woohoo. Five Stars First someone to buy it! Within the next one year, EASILY see any results, any glimpses of life beyond this body and mind, I will keep coming back here and post a short paragraph confirming the same. (12/11/2016) My review-1- Swamiji, your books are definitely very educational and I believe you could charge a little more for them than you are doing. I ran across Om Swami's blog when I had a soul searching time of my life thinking a lot about my teacher (Baba Hari Dass from Almora) since I was a little kid. Babaji recently experienced a stroke and does not teach or present private audiences any longer and I was encountering intense emotions of what I could only describe as some form of deep home sickness, and nostalgia.. The next day, I "stumbled" upon Om Swami's blog, and that was in regards to a year ago right now. After that, I have read most of his writings (blog page and books) and watched his

youtube channel videos. Grateful I have been struggling to get beyond 45-minute meditation until I read this publication. The initial chapters lay down the required framework (and the profitable incentives) that facilitates the next deep dive into the actual practice. Ideal for Beginners and Ideal for Intermediate practitioners of meditation! Nothing else is necessary, if you really desire to go down the road of meditation - this is IT. It's as if he's flabbergasted as to why readers wouldn't use this tool and thus is sincerely reaching out to them, urging them to make use of meditation to effect a result of a modification in the standard of their lives. Something to become experienced with diligence and determination! Soar the sky! Such a climber would understand the ins and outs of the summit just like the back again of his hand: the pitfalls (physical and mental), what really works what doesn't, different routes to the peak etc. He is the man. All Your queries on meditation will end up being answered here! He is obviously an enlightened person, attempting to help others.



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