



The Power of Meditation: An Ancient Technique to Access Your Inner Power

Edward Viljoen

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Winner of the 2014 Nautilus Award represents “Better Books for a Better World”—the Silver Award in the category of Religion /Spirituality: Eastern Traditions.

This wise and delightful guide to the benefits of meditation practices will help readers cultivate a calm, peaceful, and enlightened lifestyle. Drawing from his years of experience as a teacher, spiritual leader, and avid meditator, Edward Viljoen directs readers down the path to enlightenment using wisdom such as:

- **Mindfulness practices**—Train yourself to become absorbed in a purposefully chosen activity.
- **Sitting practices**—Reduce the use of mental and physical resources as much as possible by sitting still and silently.
- **Creative practices**—Employ such devices as journaling, observing, and focusing on a favorite literary or spiritual passage.

Featuring personal anecdotes and stories from the author’s spiritual teachings, *The Power of Meditation* goes beyond a simple how-to book and offers a wonderful reading experience that will inspire readers to live more wise and fulfilling lives.



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