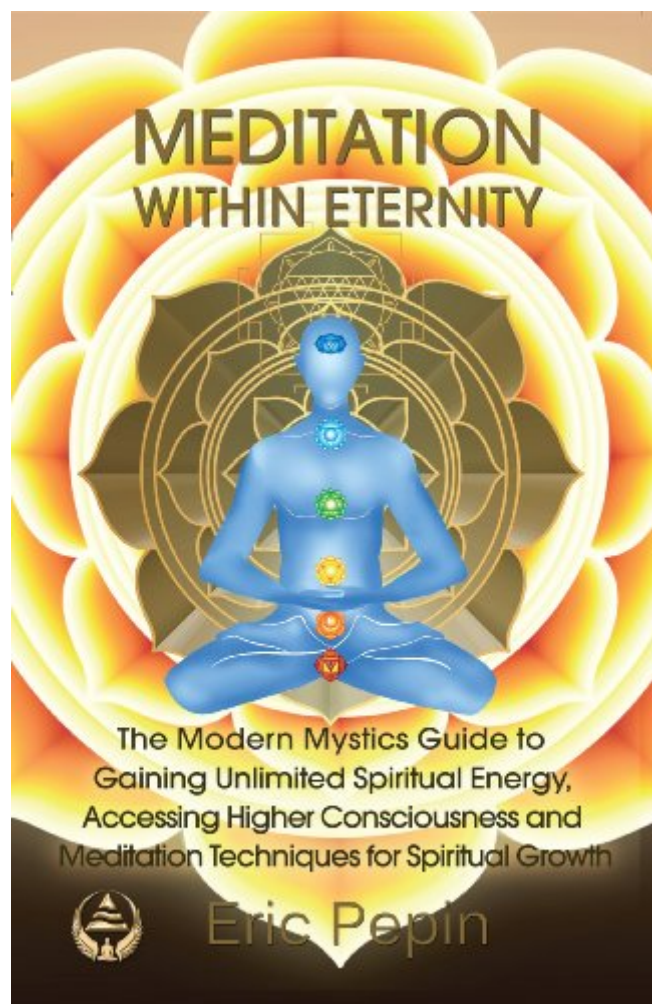


The book was found

Meditation Within Eternity: The Modern Mystics Guide To Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness And Meditation Techniques For Spiritual Growth





Synopsis

6 Reasons to Read Meditation within Eternity

1. Easiest Way to Meditate This meditation was specially designed to give you maximum results with minimum effort. It's really an "all in one" technique where one single action allows you to maximize your results.
2. Rake-in Spiritual Energy The technique is direct and unmediated. It is a new meditation method that you will not find anywhere else that allows you to absorb massive amounts of spiritual energy.
3. Feel inner peace and serenity Improve the flow of your energy, release your emotional blocks and re-balance your energy body.
4. Unfold deep inner experiences Develop your sixth sense and inner powers to have direct, real spiritual experiences.
5. Learn To Sense, Feel And Affect Spiritual/Psychic/Metaphysical Energy This energy controls, manipulates and directs you every day of your life and 99.9% of people have no idea they are being affected by it. Remove negative energy, replace it with positive.
6. Develop your "bubble of personal energy" Multiply the synchronicities in your life (chance meetings, opportunities, luck), connect and communicate with your Higher Self, and Find the source of that feeling that is calling you all by creating a perfect, 'magnetic' bubble of higher energy.

Meditation within Eternity is a journey into the heart of being spiritual in the modern world. Practical yet provocative, it pushes the limits of what spirituality is conceived to be, more than just relaxation and bits of Zen wisdom, it is the extraordinary yet invisible aspect of the universe we have forgotten how to touch, hear and see. This guide offers simple methods to gain unlimited spiritual energy, a forgotten resource and why many fail to truly grow spiritually. It also solves the missing link to accessing higher consciousness. It is the natural magnetic sense, or sixth sense, each of us possesses. The universe, reality, is molded by magnetism. We have an organic body, and an electric one. This electric, energy body, is capable of tapping the electromagnetic nature of reality. Following simple techniques and practical advice you will learn how it is possible to tap into the source code of reality. Meditation within Eternity provides practical, short meditation techniques for real spiritual growth. It serves a humble purpose â€” to give you the ability to experience spiritual awakening for yourself.

Book Information

File Size: 827 KB

Print Length: 162 pages

Simultaneous Device Usage: Unlimited

Publisher: Higher Balance Publishing (December 15, 2013)

Publication Date: December 15, 2013

Sold by:Â Digital Services LLC

Language: English

ASIN: B00B0MPCKA

Text-to-Speech: Enabled

X-Ray: Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #5,564 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #1 inÂ Kindle Store > Kindle eBooks > Nonfiction > Politics & Social Sciences > Philosophy > Metaphysics #2 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Chakras #2 inÂ Books > Politics & Social Sciences > Philosophy > Metaphysics

Customer Reviews

One person asserted that only five pages are of value in this book. That might be a bit of an exaggeration. I will admit that there are so many metaphors that the author uses to get his point across. I guess I can appreciate this as I believe this book is geared toward the beginner. And in order to help a beginner understand; the use of metaphors comes in handy. I was growing a bit impatient as the book progressed. You will read through more than halfway through book before you even start any techniques. But instruction for the techniques are eventually covered and I found them to be extremely helpful. Oddly enough, the technique that I typically use to meditate is not all that different. Pepin advises the half Lotus position but then also recommends a seated position for those of us who can't manage this position physically. I am one of those people and must sit with my feet flat on the floor. My legs go numb if I sit in any form of a lotus position for too long. In the past I have meditated by using a technique called "running energy" and it requires being seated with feet flat on the floor but with the palms up while resting on the thighs. I wonder if all the difference with Pepin's technique has to do with is bringing the placement of my hands toward the lower abdomen with one hand cupping the other (complete directions provided in the book, of course). Additionally, the placement of your middle and index finger on the three main chakras allowed me to "see" some really amazing things as far as clearing energy that isn't mine in my energy system. I pretty much didn't start the techniques until I finished the whole book. The techniques are illustrated after reading roughly seventy percent of the book.

This book contains a lot of internal inconsistencies and reads like it was written by a 13-year-old on LSD. One big problem is that the author turns to science and scientific metaphor to explain reality, but does so without an accurate understanding of science or ANY references whatsoever. For example, the author claims that white blood cells are somehow more aware than red blood cells, which is kind of a ridiculous idea. Or, he equates "anti-matter" with evil or the devil, which is stupid. Or, that placing a sponge with red dye next to other sponges will cause the red dye to "spread like a virus." That's not true -- it would not spread exponentially like a virus, it would attenuate at each level. It may seem that I'm nitpicking, but the book is full of these faulty ideas. There's also a pseudo-scientific approach in describing benefits, such as the author claiming that one sitting position gives you 25-50% more prana than another. Making claims like this suggests that the author collected measurements, but since prana is impossible to objectively measure, this is just stupid to say. I would have accepted him saying "in my experience, this position works better" but not attaching numbers to it like this. The author would have been better off to skip the science and focus on the meditation. There are internal inconsistencies such as on one hand the author telling you that no one can know God and on the other hand proceeding to give an entire chapter of his beliefs on God as if they were true fact. Another one is, on one hand complaining that in this culture people want the results too quick and on the other hand claiming that his approach will "make a 30 minute meditation give you as much benefit as a 5 hour meditation."

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