



**How to Meditate and Find Peace of Mind: Learn how to explore your consciousness drawing upon traditional meditation philosophy and practice, and ... tools and techniques from NLP and hypnotism.**

*Mr Abby Eagle*

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# **How to Meditate and Find Peace of Mind: Learn how to explore your consciousness drawing upon traditional meditation philosophy and practice, and ... tools and techniques from NLP and hypnotism.**

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## **How to Meditate and Find Peace of Mind: Learn how to explore your consciousness drawing upon traditional meditation philosophy and practice, and ... tools and techniques from NLP and hypnotism.**

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This book will give you a thorough grounding in how to meditate. You will learn how to witness; how to watch the breath; how to run an awareness continuum; how to silence the internal dialogue and enter no mind states, and how to release a negative emotion. The information is carefully sequenced to make it easy for a beginner to grasp the concepts. It also contains state of the art procedures for exploring consciousness. My intention in creating this publication has been to transform age old spiritual practises, including the more recent body of knowledge from the fields of hypnosis and NLP, to create new procedures, applications, aesthetics, insights and understandings. The reader is encouraged to use this publication to make their own personal discoveries, based upon existential experience rather than knowledge. "The Vastness Meditation gives a means to explore consciousness. One evening I tried reaching into the space around me with my physical body but it did not feel right. Obviously because the physical body is designed to explore physical space. I then explored the space with my mind but it still felt limited but when I began to explore the vast space around me with my heart the experience became profound. At first exploring the space in front of me felt ecstatic, similar to that of sexual orgasm. I then felt as if I was moving rapidly forwards. The feeling of ecstasy changed to a feeling of dying. I then felt as if I had entered heaven where I touched the face of God."

Abby Eagle

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