



## So You Wanna Meditate: A Concise Guidebook with Commentary on the Vijnana Bhairava Tantra (Paperback)

By Swami Anantananda Giri B Th

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Whether you are a first-time meditator or a meditation veteran, this title is a must-read! In a mere 33 pages, So You Wanna Meditate teaches the how and the why of meditation. It is a fresh take on a time-honored tradition. Learn your first meditation within minutes of picking up the book. Learn to turn any act of awareness into potent a meditation; meditate anywhere! Learn how you can tap into the Divine, Truth-revealing power of an ancient lineage that is still alive and well today. Become awake; all the tools are here.



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