



# Deep Meditation - Pathway to Personal Freedom

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## **Deep Meditation - Pathway to Personal Freedom** Yogani

"Deep Meditation" is a concise step-by-step instruction book for a simple yet powerful method of daily meditation that will systematically unfold inner peace, creativity and energy in daily life. Whether you are seeking an effective tool for reducing stress, improving your relationships, achieving more success in your career, or for revealing the ultimate truth of life within yourself, "Deep Meditation" can be a vital resource for cultivating your personal freedom and enlightenment.

Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel.

The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. "Deep Meditation" is the first in the series.

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