



# **Passage Meditation - A Complete Spiritual Practice: Train Your Mind and Find a Life that Fulfills (Essential Easwaran Library)**

*Ekknath Easwaran*

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In passage meditation, you focus attention on passages, or texts, drawn from all the world's sacred traditions. You choose the passages that appeal to you, so this universal method stays fresh and inspiring, prompting you to live out your highest ideals.

Meditation is supported by the mantram and six other spiritual tools to help us stay calm, kind, and focused throughout the day. This book shows how, with regular practice, we gain wisdom and vitality, and find a life that fulfills.

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