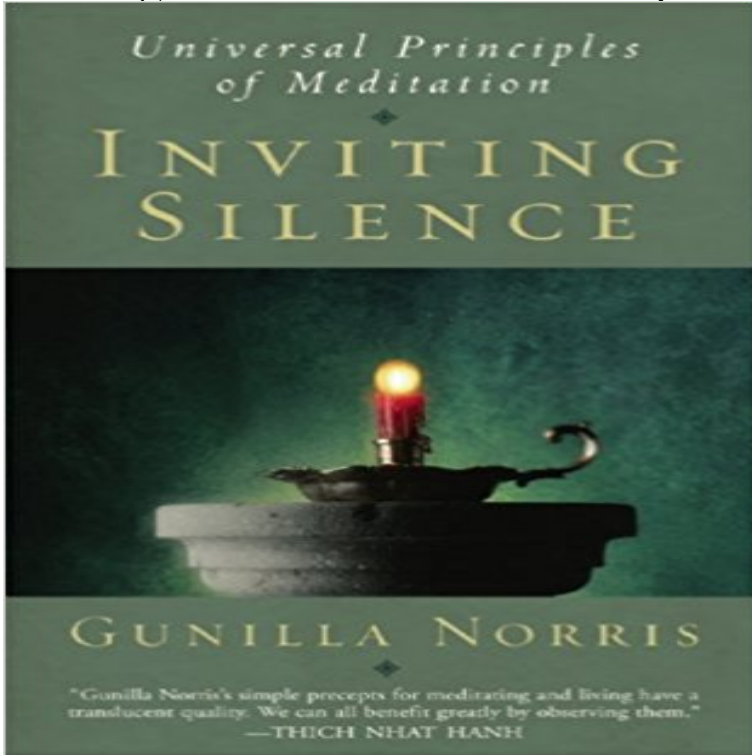


# Inviting Silence: Universal Principles of Meditation



The basic principles of meditation and mindful living are explained in this guide for everyday living. Ideal for individuals and spiritual friends to use alone or with one another, Inviting Silence is a thoughtful primer on finding silence and a practical manual on meditation for seekers of every persuasion.

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