



God's Healing Power: Finding Your True Self Through Meditation

B. K. Jayanti

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World-renowned spiritual teacher B.K. Jayanti reveals how a regular meditation practice can help us tap into a higher power. Jayanti particularly focuses on the techniques of Raja Yoga meditation, which teaches us to stop wasteful thoughts, concentrate on our inner strength, and reach out to the power of the divine. Through this process we can live like yogis, break free of negative habits, and improve our relationship with others...and the planet.

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