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Inviting Silence: Universal Principles Of Meditation

By Gunilla Norris

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Inviting Silence. 59 likes. Universal principals of meditation.Â When we experience that silence, we remember who we are: creatures of the stars, created from the birth of galaxies, created from the cooling of this plane, created from dust and gas, created from the elements, created from time and space . . . created from silence. Inviting Silence. 29 November 2011 Â. Wonderful reviews on Amazon.com, Thanks for writing! Gunilla Norris' book is incredible. She teaches without teaching. Reading her book is a meditation in and of itself. The book carries you into meditation through her words...It is a soul's journey from noise to silence from beginnin

The basic principles of meditation and mindful living are explained in this guide for everyday living. The deep and abiding qualities of silence and the foundation of true spiritual experience are explored, and the need to make conscious choices in daily life to ready oneself for meditation is illuminated. This book also provides individuals with all the particulars of good meditation practice and explains the challenges and rewards of group meditation. Ideal for individuals and spiritual friends to use alone or with one another, this text is a thoughtful primer on finding silence and a practical Meditation silence: Meditation cannot be explained or taught by the mind in a human way. It can be transferred to the individual in a mystical way from his inner being, or The Supreme Being or a spiritual Teacher. Meditation silence: Man has no ability to meditate. The one who meditates through man is his inner being or The Supreme Being. Nevertheless, man is able to invoke meditation silence, by variety of devotional concentrations. Meditation silence: Concentration is similar to driving your own car to the airport. If your Master is not around you can meditate on his photo taken in his highest meditation. Otherwise, the principle of concentration is as simple as that: Dive beyond within > embrace meditation silence. Let the heart play with the Divine.