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By Venson Jordan

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*****. I do not think you have what it takes to improve your health. I know you do. The purpose of this book is to help you know it too. For thousands of years, mystics, gurus, imams and priests have taught with a metaphysical certainty that meditation can heal. Somehow, they knew we are more than we can see. That the macromolecular patterns that make us common also make us different; and this difference is an important constituent of growth and a necessary component of success. Whether the energy is believed to be produced by the god of Abraham, or the self-augmenting patterns of the universe; they all appreciate that the core of life is the same. The human mind has the power to repair the body, and meditation is one of many ways to do it. If your acceptance of new information must be weighed and confirmed by the scientific process, then the institutional data to support meditation as a medicine is growing. Researchers who use it to study the mind are beginning to...



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