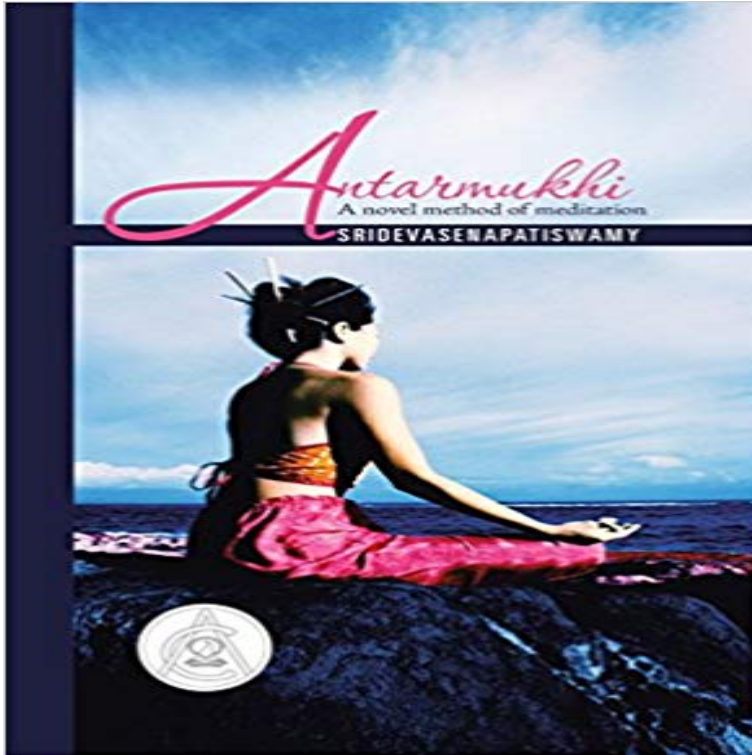


## Antarmukhi: A Novel Method of Meditation



This book introduces the concept of chetana and explains the link between meditation and God. This concept is not specific for any religion. Any person who shows enthusiasm to navigate the unending can practice it. The description of the authors own experiences will make the novel concept reach the people easily. This book teaches one how to look into ones self and have a greater understanding of ones own position before and during the meditation. At the end, readers realize that this kind of meditation is not about learning any techniques, methods, or making stressful efforts to train mind for stillness; but this is rather a simple and peaceful journey. Become an Antarmukh, and feel the difference.

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