



From Anxiety to Peace

By John Main

Convivium Press. Paperback. Book Condition: new. BRAND NEW, From Anxiety to Peace, John Main, Spiritual awareness and growth are highest priorities of our times. Meditation is the path to growth, the way to deepen our own commitment to life. In the tradition of meditation the space for the expansion of our spirit is to be found in silence. Through contact with the Life Source we can begin to understand the mystery of our being and to realise our potential to enter into fullness of life, fullness of love, fullness of wisdom. The practice of meditation is quite simple, but it requires discipline in repeating the mantra again and again. Once rooted, it flourishes.



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