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119 5 - Rest and Relaxation

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you on an epic journey into

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Brief Summary of Book:
Secrets of Meditation: A
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Transformation by Davidji.

Here is a quick description
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Secrets of Meditation: A
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years, Secrets of Meditation
will take your practice, and
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level. In this insightful
guide, davidji shares his

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own meditative path to
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on your physical health,
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Secrets of Meditation is
designed to demystify the
ancient practice of

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Davidji

meditation – it's not as
scary as you think! – and
help you FINALLY lock down a
daily meditation practice so
you can connect to the
stillness and silence that
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to the stillness and silence
within to discover their

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deeper selves. With his
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renowned meditation teacher,
stress-management expert,
and author davidji
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