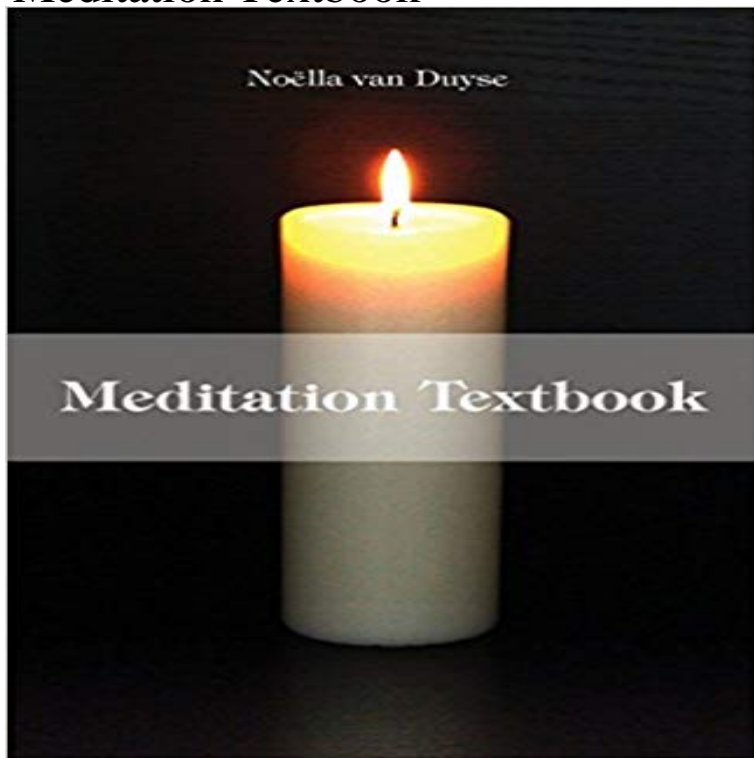


Meditation Textbook



At a time when more and more people delve into their personal spiritual development, the demand for meditation rises. This book is a manual for individual meditations and for meditating in a group. In many philosophical positions, meditating is the core of the experience. In many training, and in more and more schools, meditation is a way to find peace and balance. This manual can be deeply penetrated with ones own essence and the cosmic whole. Noella Van Duyse was born in 1953 in Beveren (Belgium). She lives and works in Zwijndrecht. After working on a trade and training in a library, she specialized in esotericism. In the spiritual center that now operates as a spiritual counselor, she assists people in their existential and personal development.

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