

# **Journey Into Meditation: A Roadmap To Inner Healing And Wholeness**

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This is my chapter from the book Sacred Healing: a Guide to Getting it. This chapter on meditation will help you get a clear understanding of what meditation is, what it should feel like, the benefits of meditation, etc. Meditation isn't as mystical as some would have us believe and it isn't difficult. Though this chapter won't teach you "How To" meditate you will find it inspiring and illuminating and you may be compelled to learn to meditate after reading it. You can also purchase the book Sacred Healing at lisaguymanor by calling Lisa at 1-877-396-3348.

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