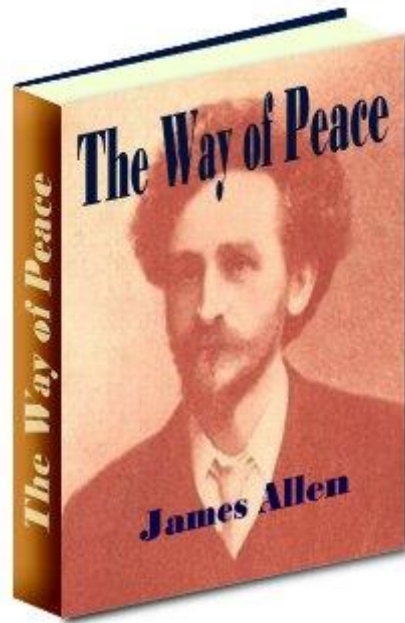


# The Way Of Peace



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The Way of Peace A well-written book exploring the power of meditation. Both advanced readers and novices will find this book inspiring and stimulating. Allen explains that meditation is the pathway to divinity. He further expounds that it is the means by which we can achieve inner peace. He makes references to saints who had been meditative and attributed it to their inner tranquility and the wonders that these great men were able to achieve. He warns that it is impossible to attain any spiritual growth without meditation and he goes on to show techniques for meditation. Contents THE POWER OF MEDITATION THE TWO MASTERS, SELF AND TRUTH THE ACQUIREMENT OF SPIRITUAL POWER THE REALIZATION OF SELFLESS LOVE ENTERING INTO THE INFINITE SAINTS, SAGES, AND SAVIORS; THE LAW OF SERVICE THE REALIZATION OF PERFECT PEACE Book Excerpts: THE POWER OF MEDITATION Spiritual meditation is the pathway to Divinity. It is the mystic ladder which reaches from earth to heaven, from error to Truth, from pain to peace. Every saint has climbed it; every sinner must sooner or later come to it, and every weary pilgrim that turns his back upon self and the world, and sets his face resolutely toward the Father's Home, must plant his feet upon its golden rounds. Without its aid you cannot grow into the divine state, the divine likeness, the divine peace, and the fadeless glories and unpolluting joys of Truth will remain hidden from you. Meditation is the intense

dwelling, in thought, upon an idea or theme, with the object of thoroughly comprehending it, and whatsoever you constantly meditate upon you will not only come to understand, but will grow more and more into its likeness, for it will become incorporated into your very being, will become, in fact, your very self. If, therefore, you constantly dwell upon that which is selfish and debasing, you will ultimately become selfish and debased; if you ceaselessly think upon that which is pure and unselfish you will surely become pure and unselfish. Tell me what that is upon which you most frequently and intensely think, that to which, in your silent hours, your soul most naturally turns, and I will tell you to what place of pain or peace you are traveling, and whether you are growing into the likeness of the divine or the bestial. There is an unavoidable tendency to become literally the embodiment of that quality upon which one most constantly thinks. Let, therefore, the object of your meditation be above and not below, so that every time you revert to it in thought you will be lifted up; let it be pure and unmixed with any selfish element; so shall your heart become purified and drawn nearer to Truth, and not defiled and dragged more hopelessly into error. Meditation, in the spiritual sense in which I am now using it, is the secret of all growth in spiritual life and knowledge. Every prophet, sage, and savior became such by the power of meditation. Buddha meditated upon the Truth until he could say, "I am the Truth." Jesus brooded upon the Divine immanence until at last he could declare, "I and my Father are One."

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