

The Secret Path - Paul Brunton

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'The treasure-trove of the real self is within us, but it can be lifted only when the mind is still.' Paul Brunton was one of the 20th century's greatest explorers of, and writers on, the spiritual traditions of the East. He travelled widely throughout India (in particular) and met gurus and teachers who enriched his life immeasurably. By passing on to us the wisdom he learned directly from these holy men, he is widely credited as having introduced yoga and meditation to the West. In The Secret Path, Paul Brunton explains in simple language how to meditate, and how this will transform your everyday existence. He also describes the remarkable experiences and understandings he himself gained from meditation and how, by making this ancient practice a part of your life, you will be able to experience a valuable kind of freedom and a deep inner peace. The classic work - which has been reprinted many times - is a very special pointer towards your inner world, and one written by a most unusual and adventurous man of insight. Author: Brunton, Paul Publisher: Ebury Digital Illustration: N Language: ENG Title: The Secret Path Pages: 00176 (Encrypted EPUB) On Sale: 2011-08-31 SKU-13/ISBN: 9781844130405 Category: Body, Mind & Spirit : General

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