

Time-Tested Antidotes to the Stress of Modern Life

This one book teaches the five essential types of meditation and teaches more than a dozen practices in each of them. Drawing inspiration and insight from both ancient and modern wisdom traditions, Joel and Michelle Levey offer an easy-to-use guide for readers yearning for clarity, calm, and resilience. *Luminous Mind* presents the Leveys' simple, yet profound, sequence of meditative techniques that help you:

- ⊗ engage fully in life while nourishing your spirit,
- ⊗ relieve your body of stress and tension,
- ⊗ open your mind and heart to depths of clarity, peace, and compassion.

This is the book for the complete beginner, the long-time meditator, and everyone in between.

Praise for the Leveys

"The Leveys are presently engaged in work that has great prospects for bringing the Dharma to a very wide section of people who may not under ordinary circumstances come into contact with these teachings."

—His Holiness the Dalai Lama

"These methods work wonders. As a satisfied user of so many of them, I affirm that they truly deepen the appreciation of life."

—Ram Dass, author of *Be Here Now*

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Essential Fitness Guide Luminous Meditation Mind Mind

SA Dillow



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