



The Mind: Its Projections and Multiple Facets

Gurucharan Singh Khalsa, Yogi Bhajan

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While many meditation and philosophy books talk about the need to master your mind, this book provides practical methods to show you how it's done. Discover a yogic approach to consciousness and psychology rooted in the teachings of Kundalini Yoga Master Yogi Bhajan, PhD. Over 40 illustrated meditations demonstrate techniques for directing, clearing, and calming your mind. This concise, conversational book on Kundalini Yoga meditation will help prepare you to meet the challenges of the next millenium.

Some comments:

"The charts easily guide you to select from the meditations."

"It's a great tool for choosing a meditation to set the energy in meetings, to stay on focus, to reach our goals."

"...is a heart to heart talk that takes you into the nature of the mind, the interplay of the positive, negative, and neutral minds, and our resulting personality styles or types."

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"This book is changing my life. It's great!"

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