

MEDITATION MASTERY

EMPTY MIND MEDITATION



PURIFY YOUR MIND
AND STOP PROCRASTINATION

Terms and Conditions

LEGAL NOTICE

The Publisher has strived to be as accurate and complete as possible in the creation of this report, notwithstanding the fact that he does not warrant or represent at any time that the contents within are accurate due to the rapidly changing nature of the Internet.

While all attempts have been made to verify information provided in this publication, the Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein. Any perceived slights of specific persons, peoples, or organizations are unintentional.

In practical advice books, like anything else in life, there are no guarantees of income made. Readers are cautioned to rely on their own judgment about their individual circumstances to act accordingly.

This book is not intended for use as a source of legal, business, accounting or financial advice. All readers are advised to seek services of competent professionals in legal, business, accounting and finance fields.

You are encouraged to print this book for easy reading.

Table Of Contents

Introduction

Chapter 1:

What Is Empty Mind Meditation?

Chapter 2:

The Benefits Of Empty Mind Meditation

Chapter 3:

The Stages Of Empty Mind Meditation

Chapter 4:

Cultivating Spirituality through the Practice of Empty Mind Meditation

Chapter 5:

Rule Out Procrastination Through The Regular Practice Of Empty Mind Meditation

Introduction

There seems to be a growing enthusiasm among many people to engage in meditation nowadays and this could be clearly seen in the ever-increasing number of people engaging in meditation and self-realization programs. So we ask: "Why do people bother to allot some of their precious times to seemingly unproductive hours of meditation?" The answer cannot be seen externally as we look at those people while they are deeply engaged in meditation. The answer lies internally in those people who in the process of engaging in meditation get in touch with their inner being during meditation.

The world has a tendency to alienate a person from his inner being. Man's mind is bombarded from all sides by stimuli which distract man's consciousness from truly understanding the meaning and significance of most events and things in this world. Mass media continuously try to satisfy our inner longing by providing us with all the enjoyment and diversions to while away our time and forget the gnawing reality of monotony and angst which afflict every person in our society. These diversionary tactics provided by modern conveniences and amenities slowly distract our mind and alienate us further from our inner-self which is the source of real peace, healing, and understanding.

However, there is a growing movement back to our rootedness in our inner being. This is shown in the large number of people engaging in meditation nowadays. In a 2005 Newsweek's survey, nearly a third of adults in the United States are found to be engaging in daily simple meditation. These people maintain that meditation brings them a lot of positive things. They claim that meditation gives them inner