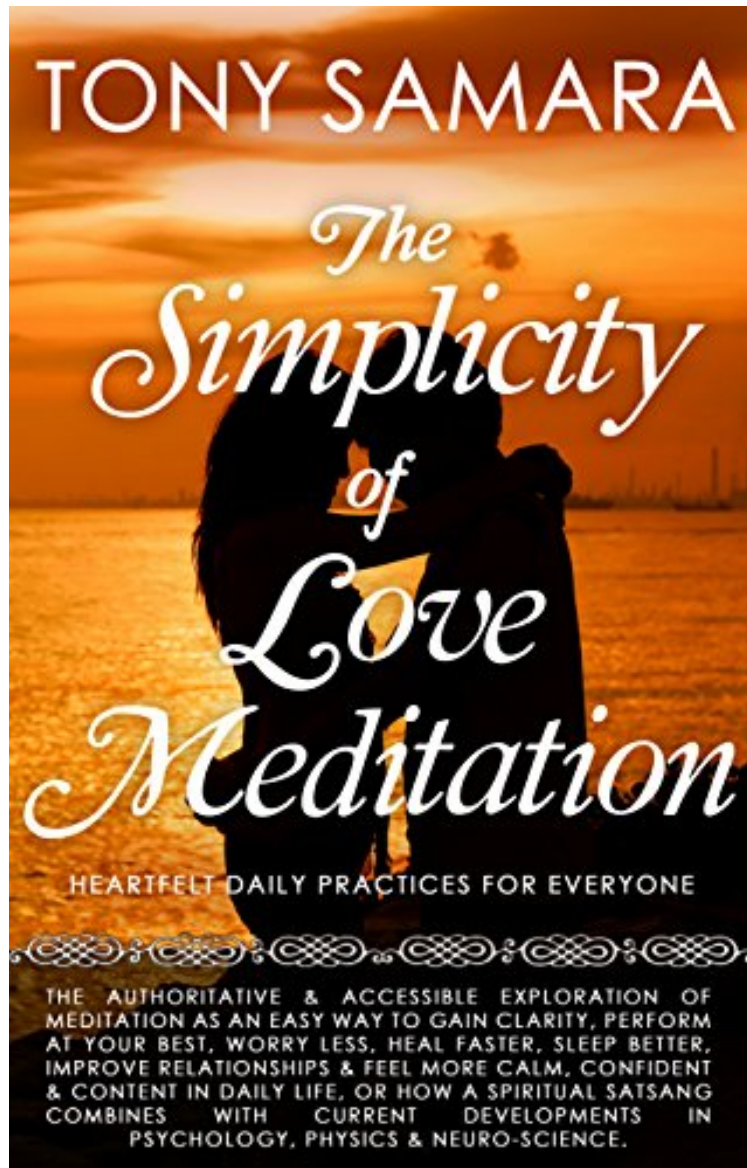


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## **The Simplicity of Love Meditation: Heartfelt Daily Practices to Worry Less, Heal Faster, Sleep Better, Improve Relationships Feel More Confident Content. (English Edition)**

Von Tony Samara

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1 von 1 Kunden fanden die folgende Rezension hilfreich. Tony Samara  
Von Erika Kunz  
Tony Samara ist für mich einer der wertvollsten und wichtigsten spirituellen Lehrer - in diesem Buch sind so viele einfache Anregungen zum täglichen Leben und vor allem zur Meditation und wie es möglich ist Meditation im Alltag zu leben - einfach großartig, eine schöne und echte Anleitung zu einem glücklichen, bewussten und selbstbestimmten Leben in Liebe zu sich selbst und allem was dazu gehört, ein Buch welches tief berührt und das Herz öffnet. Es zeigt einfache Wege wie jeder Moment in unserem Sein zur Meditation und somit zu etwas Großem werden kann.  
Lieber Tony, herzlichen DANK für dieses Buch.  
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Kurzbeschreibung  
Inside this beautiful and uplifting book you will discover: 12 Love Meditations 3 Ancient Mantras Mystical Poetry by Satguru Kabir  
The Article "Spirituality in Everyday Life" Unique Resources to Motivate your Spiritual Practice  
You will also learn about Satguru Kabir's belief that love resides in the soul of everyone regardless of religion or background. These meditations, mantras and invaluable resources provide remarkable tools for powerful transformation, and, when put into practice regularly, will show clearly their significance within their simplicity.  
Inside this book Tony Samara encourages everyone to: Make spiritual practice an easy habit, Listen for the sacred sound of Love inside of themselves, Free ego control by letting go of the struggle, Bring more harmony into their inner and outer worlds, Move beyond limiting and sabotaging conditioned beliefs, Appreciate the beautiful and sometimes surprising gifts that life offers, Deepen and enliven their meditation and spiritual practice, Be truly loving and joyous. Whether you are at a crossroads, facing a personal challenge or wishing for fulfillment in every aspect of your life, Tony Samara's simple advice and guidance will provide you with a lifetime of new practical tools!  
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ber den Autor und weitere Mitwirkende  
Tony Samara, author of *Shamans Wisdom*, *The Simplicity of Love Meditation*, *Different Yet the Same*, *Discover Your Inner Buddha* and 10 other titles, spent his early years in England, Egypt and also in Norway, where he discovered the Zen Buddhist philosophy. This discovery eventually led him to the Mount Baldy Zen Centre in California, USA, where he received the spiritual teachings of Roshi Sasaki. His first spiritual teacher, at the age of 12, was the question - Who Am I? - and for a few years, he immersed himself more deeply into this question. He had the curiosity to explore further the essence of spirituality and ventured to many different countries, learning much about the various spiritual traditions and cultures, in a non-dualistic and open-minded way. Whilst making pilgrimages to numerous sacred sites in India and other parts of the world, Tony was able to dwell deeply upon the ancient Vedic and Jain philosophies and various mystical practices and work profoundly with the essence of these teachings. Now people from all over the world visit Tony Samara to take spiritual guidance and experience being in his presence. Tony Samara believes that: The vast majority of people go through life without directly experiencing the depth of their true self or understanding their connection to life or their relationship to others and to the world at large. We are often taught to only relate to the world through our senses. We think, we reason, we feel - but we do not know from our hearts what it means to be connected to what is beyond the senses. He recognises that direct experiences have the potential to radically transform an individual and his or her life, as well as promote a profound and effortless letting go of past emotional, mental and physical pain and suffering. His main countries of

activity are in Europe, yet with the assistance of the Internet he is attracting a global audience through frequent online events and interviews. He encourages all to lead their lives actively in a noble way in order to realise the evolution of human consciousness. Tony Samara teaches with humour, humility and with infinite patience, empowering the individual with courage, trust and inner strength to continue on this journey back into wholeness, a path that leads towards real freedom. <http://www.tonysamara.com>