



# Meditation: Achieving Inner Peace and Tranquility In Your Life

*Brian L. Weiss M.D.*

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# Meditation: Achieving Inner Peace and Tranquility In Your Life

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## **Meditation: Achieving Inner Peace and Tranquility In Your Life** Brian L. Weiss M.D.

Meditation is a technique that can be used to experience peace, tranquility, and an inner beauty, leading us to rethink everything around us, even ourselves. It prompts us to trust in the ability we have to use and direct our energies to purify our bodies and minds . . . so that we can discover and develop our spirituality.

**Brian Weiss, M.D.**, author of *Many Lives, Many Masters*, has written a very special book to help with the practice of meditation. *Meditation: Achieving Inner Peace and Tranquility in Your Life* includes the techniques Dr. Weiss uses on his patients, many of whom have conquered insomnia, anxiety, phobias, weight issues, and disease. Meditation can also lower blood pressure, strengthen the immunological system, and reduce stress.

As Dr. Weiss says, “It all starts by closing our eyes, relaxing our muscles, and slowing down our breathing. Little by little, we ask our minds to block out the clamoring voices that usually bombard it. . . .This means living this moment intensely, letting go, and surrendering.” This book is the first step on a more peaceful, relaxing journey through life.

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