



Atheist Meditation Atheist Spirituality (Paperback)

By Mark W Gura

Inneraction Press LLC, United States, 2015. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****. Finally, a book about meditation and meaning in life that is based on reason, not religious or supernatural explanations. Provocative and truly inspirational! One of the best books I've ever read. -Rachel Patel We think we perceive reality, but we live in our minds, in self-created realities, hypnotized by our conditioning and habitual ways of thinking. I am sure seekers will find much to support their efforts to awaken in this book. -Jack Elias Atheist Meditation Atheist Spirituality is a guide and memoir which shows that spirituality and meditation can be practiced without faith in God(s), gurus, or the supernatural. Techniques such as mindfulness and vipassana meditation have been practiced for thousands of years, are corroborated by reason, psychology and neuroscience, and help develop a sense of compassion, charity and the pursuit of meaning and knowledge. These secular practices are consistent with the best science available and are perfect for atheists, skeptics, humanists, freethinkers, as well as all others who wish to practice spirituality without religion or reference to supernatural forces.



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