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True Meditation Quotes by Adyashanti - Goodreads

The true self exposes you to another kind of life, and as meditation practice deepens, the grip of your other selves begins to lessen. The mind has its source in pure consciousness, and once you are settled in pure consciousness, the self you automatically identify with is the true self. There are gradations of experience.

How to Find Your True Self - Chopra

It is this ego entity which gets in the way of "true meditation" and which obscures the natural state of awareness which is here always. One IS the natural state of awareness, and by no longer manipulating anything this is discovered directly.

True Meditation: Discover the Freedom of... book by Adyashanti

The following verses beautifully express how meditation helped these saints discover the real taste of true freedom. #1 Meditation is being very natural, being at home; at home with yourself and at home with everything else in the universe – Sri Sri Ravi Shankar Is it enough money, and a healthy body? Is it freedom of speech, or a democracy?

Meditation: The Taste of True

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