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The Circle of Bliss John C. Huntington, Dina Bangdel, 2003 This publication is issued in conjunction with the exhibition The circle of bliss Buddhist meditational art co organized by the Columbus Museum of Art and the Los Angeles County Museum of Art Los Angeles County Museum of Art October 5 January 11 2003 Columbus Museum of Art February 6 May 9 2004 **Earth Resources**, 1982 **EFT for Meditation** Charles B. Crenshaw, Jr., Carol E. Crenshaw, 2017-06-15 EFT for Meditation by lifelong meditators and certified EFT practitioners Carol E Crenshaw and Charles B Crenshaw Jr combines EFT Emotional Freedom Techniques tapping with meditation for the enhancement of both modalities Those who meditate know that many obstacles to calming the mind and relaxing the body arise during meditation EFT can help clear those obstacles by releasing doubts fears and emotional disturbances enabling the meditator to gain the full body mind spirit benefits of meditation Likewise meditation facilitates the EFT process by bringing the contents of the unconscious to the surface exposing the limiting beliefs and disturbing memories that are hindering one's living to one's full potential Identifying such obstacles to full potential is integral to EFT and meditation can speed the process EFT for Meditation unique among books on meditation or on EFT has equal value for advanced meditators beginning meditators those with advanced EFT skills and those learning or new to EFT Hundreds of studies show the healing benefits of meditation and EFT when practiced alone Combining both produces a powerfully transformative effect *Books in Print*, 1994

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