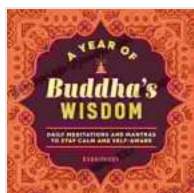


Daily Meditations and Mantras to Stay Calm and Self-Aware Year of Daily



A Year of Buddha's Wisdom: Daily Meditations and Mantras to Stay Calm and Self-Aware (A Year of Daily Reflections) by Bodhipaksa

★★★★☆ 4.8 out of 5

Language : English
File size : 2664 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 215 pages



This book is a collection of daily meditations and mantras to help you stay calm and self-aware all year long.

Each day, you will find a new meditation or mantra to focus on. These meditations and mantras are designed to help you:

- Reduce stress and anxiety
- Increase self-awareness and self-compassion
- Improve focus and concentration
- Sleep better
- Live a more mindful and present life

If you are looking for a way to improve your mental health and well-being, this book is for you.

What's Inside?

This book includes:

- 365 daily meditations and mantras
- Instructions on how to meditate and use mantras
- A list of resources for further exploration

How to Use This Book

To use this book, simply choose a meditation or mantra for each day. You can read the meditation or mantra aloud, or you can simply sit quietly and focus on the words.

If you are new to meditation, it is helpful to start with a short meditation, such as 5 or 10 minutes. As you become more comfortable with meditation, you can gradually increase the duration of your meditation sessions.

You can also use this book to create your own daily meditation practice. Simply choose a few meditations or mantras that you enjoy and practice them regularly.

Benefits of Daily Meditation and Mantras

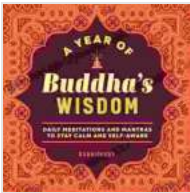
There are many benefits to daily meditation and mantras, including:

- Reduced stress and anxiety
- Increased self-awareness and self-compassion
- Improved focus and concentration
- Better sleep
- A more mindful and present life

If you are looking for a way to improve your mental health and well-being, daily meditation and mantras are a great option.

Free Download Your Copy Today

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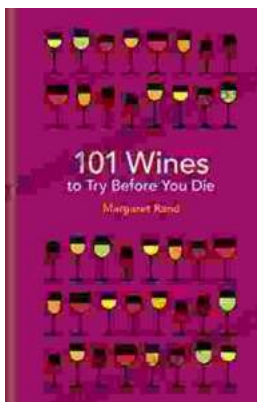
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