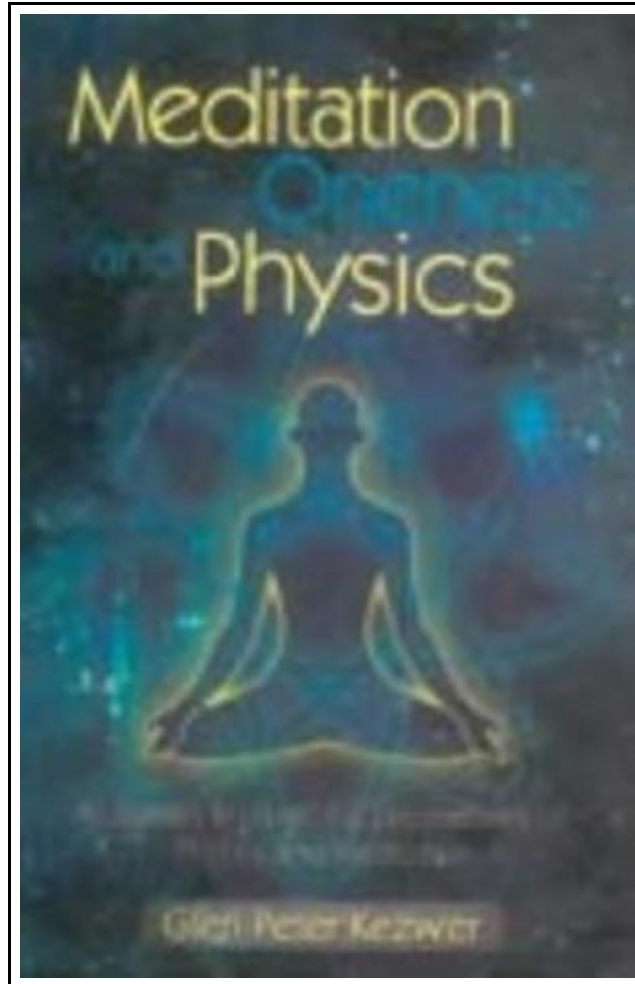


## Meditation, Oneness and Physics: A Journey Through the Laboratories of Physics and Meditation



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Sterling Publishers Pvt.Ltd. Paperback. Book Condition: new. BRAND NEW, Meditation, Oneness and Physics: A Journey Through the Laboratories of Physics and Meditation, Glen Peter Kezwer, This book provides the reader with an entertaining, informative and thought-provoking insight into the connections between the sciences of physics and meditation based on the author's direct experiences. The first chapter presents a scientific, rational approach to meditation and analyses this technique in terms of the modern scientific method. Meditation is treated as a science which starts with the observation of the functioning of the human mind and reaches out towards the vision of Oneness where all of creation is seen as one unique existence. The last four chapters deal with the parallels between modern physics and meditation. The last section in each chapter demonstrates how the discoveries of physics both corroborate those which come from meditation and serve as a basis upon which the findings of meditation can expand. The book also shows the reader how the practice of meditation can be incorporated into his or her own life to reap the benefits of good health, happiness, clear thinking, peace of mind, self-sufficiency and fearlessness.

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