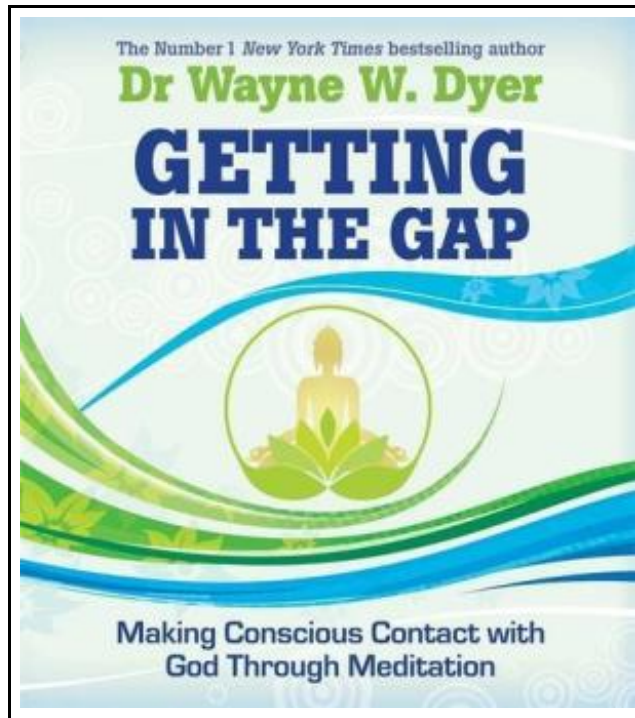


Getting in the Gap: Making Conscious Contact with God Through Meditation



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Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Getting in the Gap: Making Conscious Contact with God Through Meditation, Wayne W. Dyer, The practice of meditation takes us on a fabulous journey into the gap between our thoughts, where all the advantages of a more peaceful, stress-free, healthy and fatigue-free life are available - but they're merely side benefits. The paramount reason for daily meditation is to get into the gap between our thoughts and make conscious contact with the creative energy of life itself. In this uplifting book, Dr Wayne W. Dyer explains the soul-nourishing meditation technique for making conscious contact with God, which the ancient masters have told us about. You have all the potential to be an instrument of the highest good for all concerned and to be a literal miracle worker in your own life. No person, government entity, or religious group can legitimately claim to do this for you. 'In fact,' says Dr Dyer, 'I agree with Carl Jung, who said that one of the main functions of formalized religion is to protect people against a direct experience of God.' (Dr Dyer helps you have this direct experience by leading you through the meditation technique in the accompanying audio download.) When you master getting into the gap, stay there for prolonged segments of meditation and experience what you bring back into the world, you'll truly know the answer to the question: 'Why meditate?'.



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