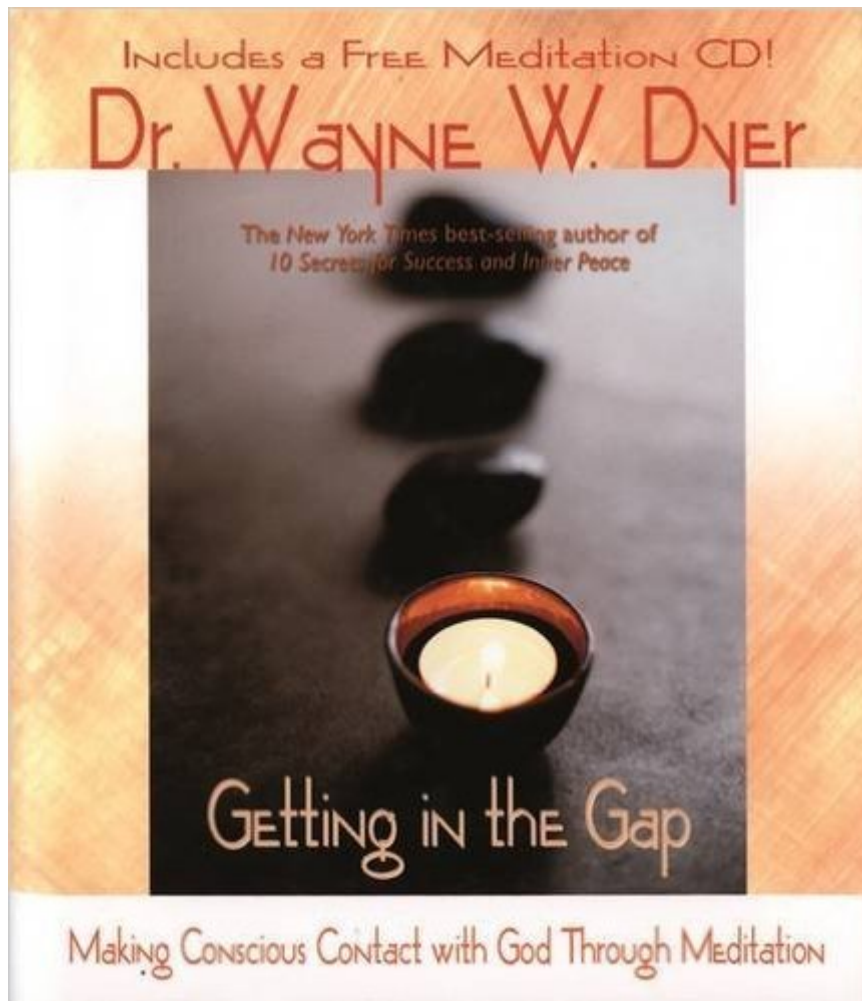


The book was found

Getting In The Gap: Making Conscious Contact With God Through Meditation (Book & CD)



Synopsis

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 which are simply 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. 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 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, or religion can legitimately claim to do this for you. "In fact," says Dr. Dyer, "I agree with Carl Jung who said, 'One of the main functions of formalized religion is to protect people against a direct experience of God.' When you master getting into the gap and staying there for prolonged segments of meditation, and experience what you bring back to the material world, you will know your answer to the question: 'Why meditate?'"

Book Information

Hardcover: 89 pages

Publisher: Hay House; Har/Com edition (December 3, 2002)

Language: English

ISBN-10: 140190131X

ISBN-13: 978-1401901318

Product Dimensions: 7 x 6.1 x 0.6 inches

Shipping Weight: 4 ounces

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (241 customer reviews)

Best Sellers Rank: #60,306 in Books (See Top 100 in Books) #122 in [Books > Religion & Spirituality > Worship & Devotion > Prayer](#) #541 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#) #1224 in [Books > Self-Help > Motivational](#)

Customer Reviews

"For the raindrop, joy is in entering the river..." ~Mirza Ghalib
Have you ever wished you could escape to a place of peace? "The Gap" is a place between your thoughts. It is the place where you can be still and release yourself from the 60,000 thoughts hurtling through your mind during the course of a day. Meditation can encourage physical healing, reduce stress, eliminate fatigue, make you feel younger, brighten your eyes and complexion, keep you focused on your spiritual connection, alleviate depression, and improve your memory. Meditation also allows you to find

some of the secrets of peace. When you are thinking about God, how can you think of problems? How can your heart be anxious when it is freed from pain and sorrow and is resting in an ocean of love. Once you have experienced this "place of peace/the gap," you can go there again. I first experienced this "space between my thoughts" during the end of a yoga workout. I had no idea you could escape the pain of life in this manner. I felt good for two days after doing the meditation section of the workout. In this book, there is a CD that allows you to quickly enter the silence without the yoga workout, although I still like putting a fluffy down comforter on the floor as I do when I do yoga workouts. I was encouraged to learn that there is no "correct posture" or place for meditating. I actually meditate better when lying flat on my back. You could be sitting in your chair at work with your eyes closed during a 10-minute break, you could be at home, on a plane, or you could be out in nature. The book has six chapters explaining Japa Meditation and shows how this form of meditation can affect your life in a positive way. The meditation CD is in a little envelope at the back of the book.

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