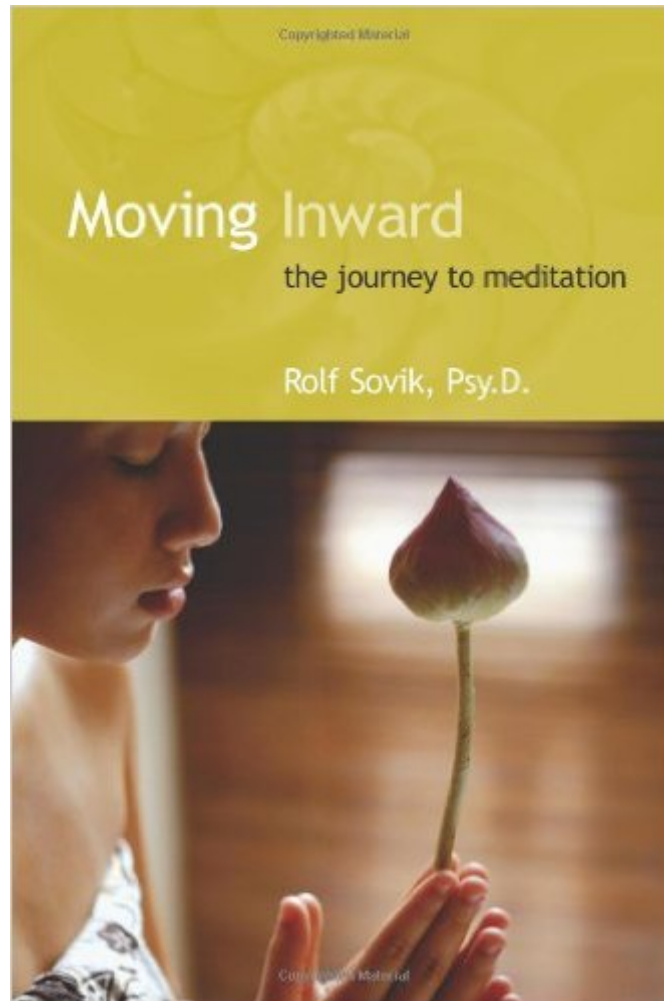


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# Moving Inward: The Journey To Meditation



## Synopsis

Provides illustrated instructions and guidelines for starting a new meditation practice or enhancing and existing one.

## Book Information

Paperback: 204 pages

Publisher: Himalayan Institute Press (February 15, 2007)

Language: English

ISBN-10: 0893892475

ISBN-13: 978-0893892470

Product Dimensions: 6.1 x 0.6 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #113,474 in Books (See Top 100 in Books) #375 in [Books > Christian Books & Bibles > Worship & Devotion > Meditations](#) #918 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#) #4614 in [Books > Religion & Spirituality > New Age & Spirituality](#)

## Customer Reviews

Thanks to Yoga Teacher Training, I've been discovering some of the best books I've ever read. Case in point: Rolf Sovik's *Moving Inward: The Journey to Meditation*. Once you get past all the woo-woo aspects of what meditation can be and/or what you may experience, the logistics of getting comfortable + spending time sitting in stillness is enough for most people to skip it all together. Rolf's book does an impeccable job of breaking down those logistical barriers (read: excuses) that stand in the way of enjoying meditation + all its benefits on a daily basis. From finding a comfortable seated posture + breathing diaphragmatically (easier than it sounds) to truly relaxing before meditating + using the breath and/or a mantra as a point of focus during meditation, Rolf's writing style is easy-to-understand + graciously supportive. If you are interested in some of the more subtle aspects of meditation, Rolf also touches on the 8 limbs of yoga, active + cognitive senses, mulabandha, systematic relaxation, yoga nidra, prana vayus, nadi shodhanam, the 3 main nadis, maya koshas, and chakras. If that list sounds entirely foreign or mildly intimidating don't fret - Rolf explains everything in an easy-to-understand way that you can embrace or set aside. Whether you are brand new to meditation, have been meditating for decades, or anywhere in between, this book is a must-read to help you step into the practice of meditation or take your practice one step deeper.

Our society has become one in which people expect immediate gratification. Take this pill and you'll be better; buy this item for \$19.99 plus shipping and handling, and you'll have 6-pack abs within 30 days. Meditation is not an easy process; nevertheless if one is serious and sufficiently disciplined to pursue the process of meditation over one's lifetime, I would highly recommend this book. It is the best that I have read over the last 30 years, and it's a great book for both beginners and those who have been practicing meditation for years.

Very well written and easy to follow. Very thoughtful and suitable for people from both eastern and western background. Strong recommendation for anybody interested in yoga.

I liked this book so much that we incorporated it into our Yoga teacher training curriculum at Sharing Yoga. A great book with all the details about meditation and how to do it correctly. Thoughtfully written and presented in a way that's easy to understand. Highly recommended.

Purchased this book to go with a Teaching Meditation course. I like that it is an easy to follow book. I use it as a good reference when teaching meditation techniques to students to give them several tools for meditation.

Awesome description on techniques for preparation of meditation!! Looking forward to the Himalayan Institution learning experiences. Particularly appreciate the detailed description on the breathing mechanism.

really great description of meditation, really helped me to deepen my practice and further understand the journey of moving inward

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