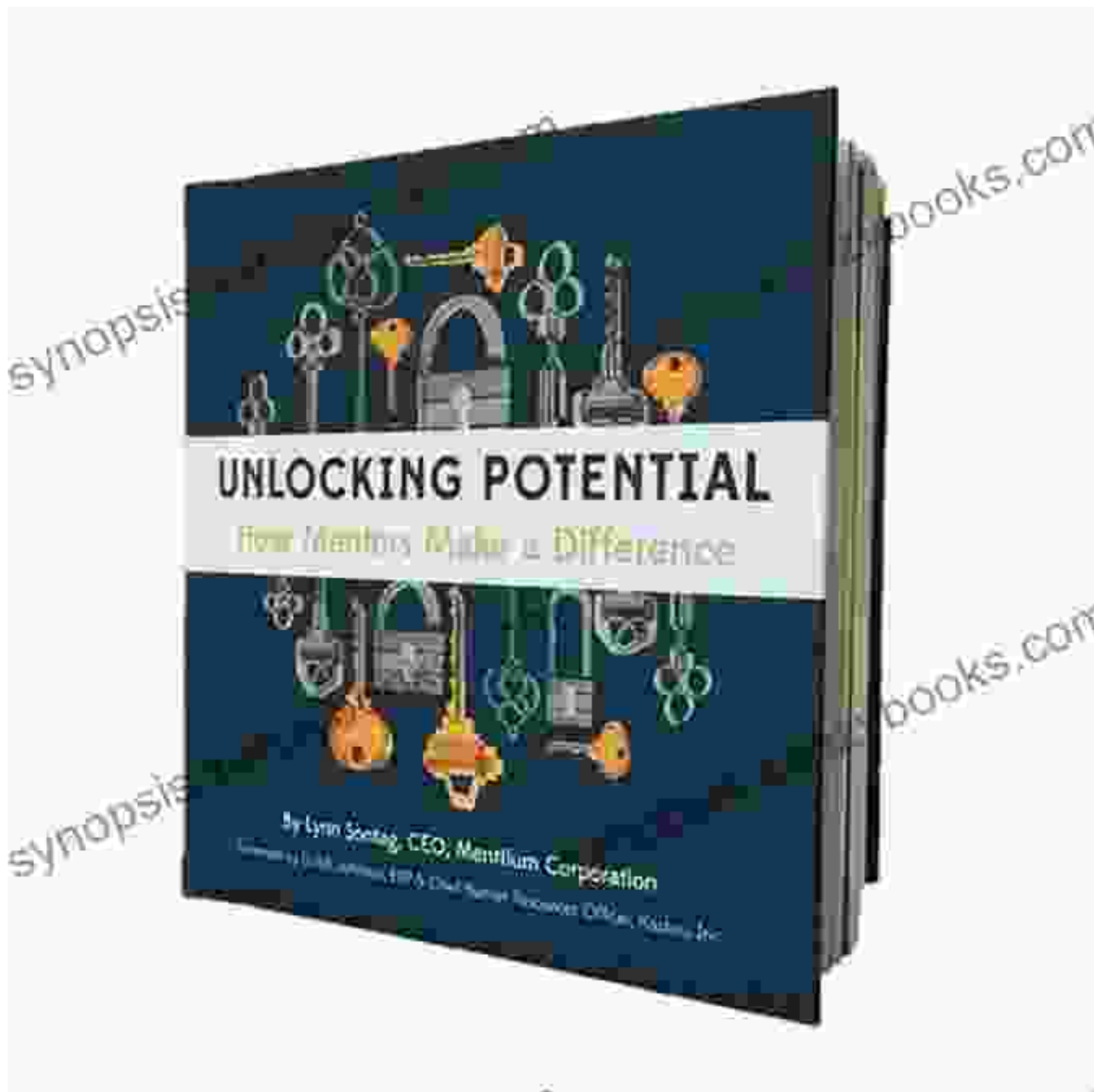


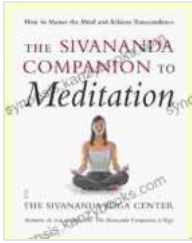
# How To Master The Mind And Achieve Transcendence



## The Sivananda Companion to Meditation: How to Master the Mind and Achieve Transcendence

by Thomas Campbell

★★★★☆ 4.8 out of 5



Language	: English
File size	: 5298 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 164 pages



## **Unlock the Secrets of the Human Mind**

The mind is a vast and uncharted territory, capable of remarkable feats and profound transformations. In this groundbreaking book, renowned spiritual teacher and mind mastery expert, Dr. Maya Sinclair, unveils the hidden secrets of the human psyche, guiding you on a journey to unlock your limitless potential.

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- Overcome the ego and cultivate compassion
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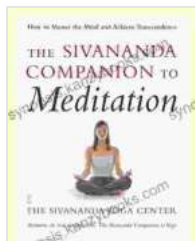
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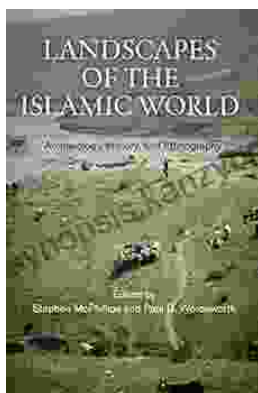


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