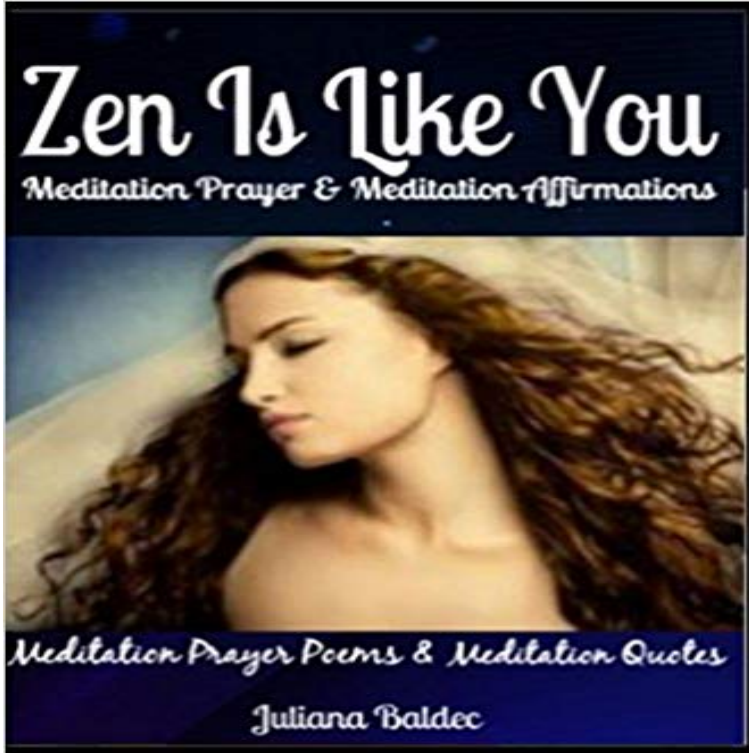


Zen Is Like You Meditation Prayer & Meditation Affirmations: Meditation Prayer Poems & Meditation Quotes



Juliana Baldec's *Zen Is Like You* is an extremely blissful, mindful, simple, minimalistic, but yet effective and straight forward universal meditation poems known to mankind. The meditation moments are divided into 24 poems & classified from A to Z. Enjoying these rhyming meditation poems can teach many ways to embrace that blissful moment. It can also teach many ways to accept life in general and to manage and overcome negative emotions like fear, anger, jealousy, weakness, regret & any other emotional painful moments. Reading these blissful rhymes about meditation that go from A to Z teaches many ways how to find inner peace, balance, happiness, inner wealth, aging & growing gracefully & achieving the ultimate freedom and Zen. Juliana uses the simple form of rhymes to encourage even beginners of meditation to discover their way of Zen in an unorthodox and unconventional way because everyone and even the most busy person can read these easy to consume poems. This interesting and intriguing food for thought touches everyone's life and no matter what one knows already about the fascinating world of meditation. The book encourages everyone who is interested in meditation to take a peek inside and be inspired by the many ways of meditation. This *Zen Is Like You* book can be used in an unlimited way to help you spiritually grow and enrich yourself - just like the unlimited ways of meditation that you will discover inside! The one who makes the most creative use of the book is the one who will find the most value in it because there is truly an unlimited amount of applications and uses for this helpful book. You could take one poem a day and reflect upon it. You could use a poem and gift it to a loved one. You could use a specific poem to prove a point or to give encouragement, inspiration & motivation to someone you love or yourself. You could play with the letters.

Each poem also comes with a quote from an influencer (like writers, authors, saints, poets, philosophers, clergymen, etc.) to add some additional food for contemplation. Poems include quotes by Alan Cohen, Confucius, Buddha, Muhammad, Ravi Zacharias, etc. They are organized by names and from A to Z in coherence with the poems. The collection of poems includes 24 meditation poems from A to Z with quotes just like this one: Meditation is like I. Meditation is great because it is your soul mate and it helps to create your inner peace. On the other hand, the I of meditation also relates to things like meditation with incense and meditation with isochronic tones. Isochronic tones and burning incenses is not really directly connected to inner peace and mental release, but the indirect connection is all that counts to turn meditation into perfection. So let me tell you this. If you want to become that angel of reflection make sure to integrate this interconnection because if you dont, believe me, there will be nothing left but a deep deception. If you dont believe me, here is Saint Isaac of Ninevehs outlook: Be at peace with your own soul, then heaven and earth will be at peace with you. - Isaac of Nineveh The book encourages everyone to start their own journey of enlightenment, introspection, and contemplation and it concludes with some very encouraging thoughts so that everyone can choose to continue his or her path of meditation. The book helps with the discovery phase of meditation and opens the doors for more discovery. Turning your discovery of the many ways of meditation that you are brought in touch with inside the book into your own way of Zen is what this journey is all about. It is the perfect little gift to show your gratitude or read it together with your kids to introduce them to meditation. This book is all about yourself and finding your proper Way Of Zen! Make sure to get it today because nothing is more important than your own life and your own destiny and that of your loved ones!

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