



Getting in the Gap

Dr. Wayne W. Dyer

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“Why Meditate?”

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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James Connell:

Information is provisions for individuals to get better life, information currently can get by anyone in everywhere. The information can be a understanding or any news even a huge concern. What people must be consider if those information which is in the former life are difficult to be find than now's taking seriously which one would work to believe or which one the resource are convinced. If you have the unstable resource then you obtain it as your main information there will be huge disadvantage for you. All those possibilities will not happen inside you if you take Getting in the Gap as your daily resource information.

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Steven Dillinger:

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