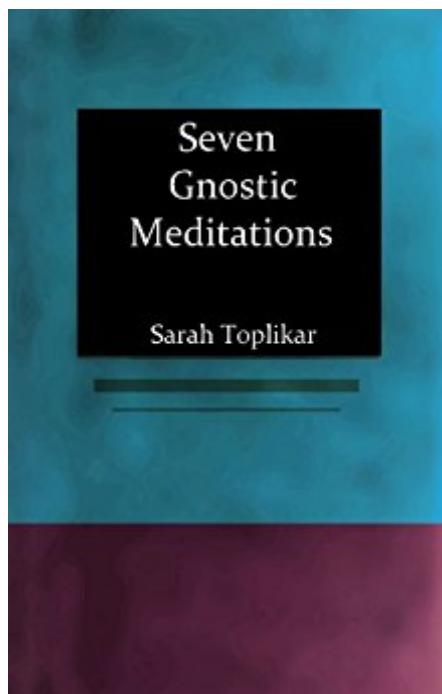


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# Seven Gnostic Meditations: A Simple Guide To Meditation In The Gnostic Path



## **Synopsis**

There is much written on Gnostic theory, Gnostic history, Gnostic philosophy, etc. but what about Gnostic practice? Specifically, how do we come to realize intuitively the teachings of ancient Gnosticism? This small book attempts to remedy this situation, giving a program of seven kinds of Gnostic meditation, with illustrative extracts from the Gospel of Thomas:1. Calm your breath.2. Point your mind to divinity.3. See yourself as light.4. See where thoughts begin.5. See yourself as awareness.6. See awareness as empty of everything.7. See awareness as the totality of all things.

## **Book Information**

File Size: 511 KB

Print Length: 15 pages

Publication Date: December 7, 2013

Sold by: Digital Services LLC

Language: English

ASIN: B00BPC1JVQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #747,822 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #135 in Kindle Store > Kindle eBooks > Religion & Spirituality > Religious Studies & Reference > Gnosticism #272 in Books > Christian Books & Bibles > Theology > Gnosticism #453 in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Meditations

## **Customer Reviews**

I like this. It was simple. While the Catholic church staggers, it is good to find in its foundation the Gnostic works. That may come as a support for the Church. Meanwhile for us sceptics, it is good to read stuff that we search for but can get little of.

The meditation that works in uncluttering and cleaning the outside thinking and finding inward understanding of self and thus finding that peace of mind through the Christ Spirit.

It's worth reading

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