



Placer de Meditar, El

Sally Kempton

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Drawing on her 40 years as a teacher and meditator, Sally teaches us how we can connect to our inner longings and creative "shakti" energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion "two key attitudes in sustaining a daily practice" she shares indispensable guidance for this voyage of self-discovery.

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