



Guided Meditations: Evoking the Divine Ground of Your Being

Adyashanti

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Beneath all your bustling thoughts and the distracting dramas of the world, an ever-present stillness beckons us to our true home. As Adyashanti says, meditation gives us a doorway to our essential nature—the "divine ground of your being. With *Guided Meditations*, this leading spiritual teacher offers a four-session audio intensive of meditations for deeply investigating our true nature. Adya begins with foundational practices for opening to inner peace and stillness, then expands our experience with meditations to awaken our deepest wisdom; investigate the edge of our identity; awaken our creative capacity; explore consciousness from the levels of head, heart, and gut; and more.



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