



The Inner Temple: Meditations to Heal and Inspire

By Hanne Jahr

Science of Thought Press Ltd. Paperback. Book Condition: new. BRAND NEW, The Inner Temple: Meditations to Heal and Inspire, Hanne Jahr, This book gives a beautifully simple and spiritual portrayal of the process of meditation, addressing the many doubts and questions that often come up as we practice, and offering many guided meditations whose simplicity and directness will delight your heart. A brief run through the table of contents will whet your appetite: there are chapters on finding a teacher and following the heart, controlling our emotions, tests on the path, angels and guardians, the use of aromatherapy and crystals as aids to meditation, inner communion, and sounding our true note. The book is illustrated throughout with lovely, delicate line drawings, also by Hanne Jahr.



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- **Doyle Schmeler**

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**