



# Christian Meditation

*Alexander Soltys Jones*

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# Christian Meditation

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**Christian Meditation** Alexander Soltys Jones

**Christian Meditation**

Finding the Kingdom of God

This remarkable book will help you follow Jesus' counsel to find the kingdom of God within you.

Discover and practice methods of meditation that the Desert Fathers, Pope Gregory, Saint Francis, Saint Teresa of Avila, Saint John of the Cross and others used to attain holy rest in God.

Through meditation, you can discover the single eye Jesus spoke of and the highway of holiness mentioned by Isaiah, which represent spiritual faculties in the brain and spine.

Meditation awakens these centers of energy and consciousness so you can experience the inner kingdom of peace, divine love and light, wisdom and joy within you.

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