



**The Ultimate Meditation and Living in the Moment Guide! 2 in 1 Bundle: Book 1: Master The Art Of Living in the Now and Spiritual Awakening + Book 2: The Ultimate Meditation Guide: Daily Meditations!**

*Lillian Gem, Lillian Way*

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## **Book 1 - Living In The Now**

**Master The Art Of Living in the Now and Spiritual Awakening. Carpe Diem! How to be spiritual, live in the moment and be present at all times. Bonus chapter with Daily Meditations**

Many people have had the enlightenment and if you had realized the truth of who you really are, life will never be the same. However, everyday life and busy schedule might take you away from living in the now to stress and overworking yourself. Living in the now is the only place where you can be truly happy. The book is your guide on how to live in the moment, be true to yourself and enjoy every single moment and be genuinely happy.

This book will help you realize what Living in the Now entails and how it affects life. It will enlighten you on the advantages that living in the now unlocks in their lives. It will provide the user with tips on how they can slip into Living in the Now and master a life living in the present. The book opens up happiness to the reader advising them on the importance of forgetting their past and eliminating the worries about what the future holds; therefore enabling them to live in the present moment enjoying it fully. It will help them realize that things they do in life are important and should be done with a clean joyful heart. It will open them up and bring them into treating people and nature well as a step to perfecting and actualize joy for their own lives.

The book will cover the following topics

- 15 Benefits of Living in The Now
- Mastering the Art of living in the Now
- What to do to Fully live in The Now
- Tips to help you get into and stay present in the Now
- Mindfulness guide to living in the now
- MEDITATION THAT HELPS IN LIVING IN THE NOW
- HOW TO MEDITATE: COMPASSION MEDITATION

# Book 2 - Meditation for Beginners

## **The Ultimate Meditation Guide: Daily Meditations - How to Meditate to Relieve Stress and Depression. Experience the Benefits of Meditation - Be truly Happy and Peaceful.**

This book Meditation for Beginners is the ultimate guide to meditation for beginners. It will help introduce a beginner to various types of meditation and their techniques. It will also enlighten them on the various benefits that they will derive once they start meditation. It is meant to be a resourceful guide that will help them take some time off their duties and unlock the power from within and without therefore helping them come to self actualization. The book will help readers become sensitive to their environment therefore developing a sense of intelligence that will help them unlock productivity and happiness in life. Besides being a source of information for beginners, this eBook will also help those already enjoying the fruits of meditation get much more. It will provide a step by step guide to getting into an maintaining a meditative life. After reading this book the reader should expect much more awareness and an improvement in their emotional intelligence.

The book will cover:

- ? Benefits of meditation
- ? Types of meditation
- ? How to meditate
- ? How to prepare for meditation
- ? 15 simple meditation techniques for beginners
- ? 13 tips for beginners to make their meditation effective
- ? A simple daily meditation practice for a beginner

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**Rubye Carter:**

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