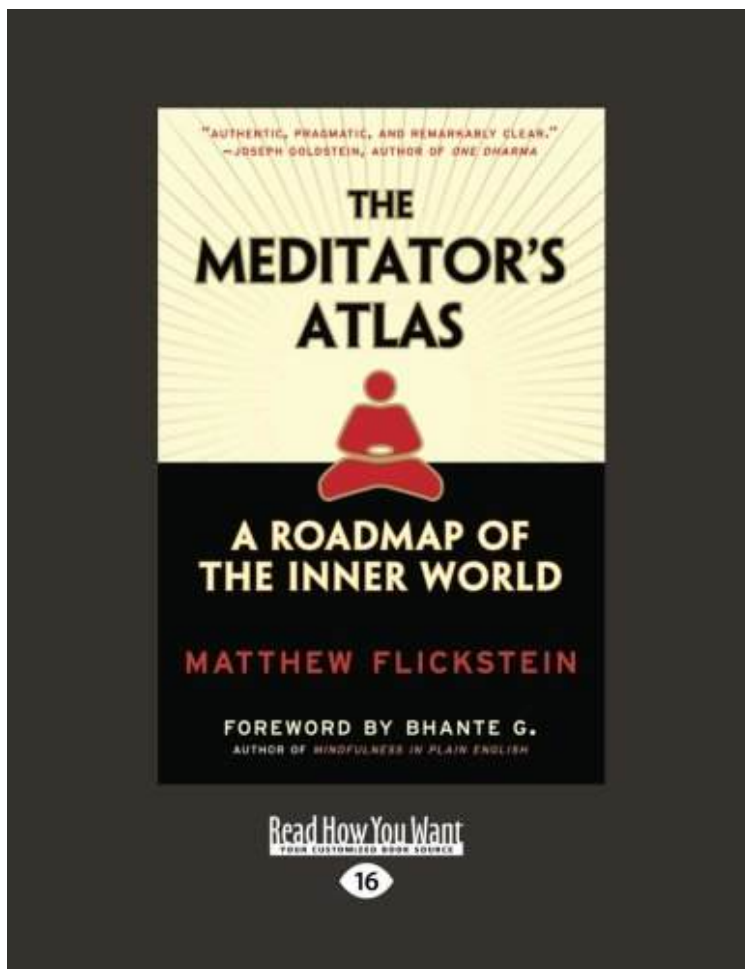


The Meditator's Atlas: A Roadmap of the Inner World

By Matt Flickstein

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By Matt Flickstein : The Meditator's Atlas: A Roadmap of the Inner World The Meditator's Atlas: A Roadmap of the Inner World:

Meditation can seem a mystery Where do you begin Where will you end up What might you find along the way You ll find the answers in The Meditator s Atlas Formerly titled Swallowing the River Gangesand now totally revised The Meditator s Atlas truly is a comprehensive and trust worthy road map of the inner world for anyone who meditates Respected teacher Matthew Flickstein is your friendly guide explaining what meditation is how to do it and how to make the About the Author Matthew Flickstein is a psychotherapist meditation teacher and the founder of The Forest Way Insight Meditation Center in the Blue Ridge Mountains of Virginia In twenty years of leading personal

development workshops he has trained almost 15

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