



Effortless Mind: Meditate with Ease - Calm Your Mind, Connect with Your Heart, and Revitalize Your Life

Ajayan Borys

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Beginners and long-term meditators alike will appreciate Ajayan Borys's counterintuitive teaching that one needn't control the mind to experience the benefits of meditation. Instead, as with falling asleep, ease is essential. Effort fuels accomplishment in the world of action, but in the realm of meditation, struggle blocks success. And just as dreams are a natural part of restful sleep, thoughts during meditation are no obstacle to receiving wonderful, revitalizing results.

With clear, user-friendly instruction, Ajayan presents classic techniques that can empower even beginners to experience deep, effective meditation and can help veterans go deeper. Offering eye-opening insights about finding growth and bliss in everyday life, *Effortless Mind* is filled with the practical and inspirational wisdom of a consummate teacher.

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