



Laughter, Tears, Silence: Expressive Meditations to Calm Your Mind and Open Your Heart

Pragito Dove

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Using the principles she teaches, Pragito Dove transformed her fear and grief into joy and inner peace. Her accessible, innovative methods allow you to reap the benefits of meditation in thirty seconds, four minutes, or twenty-four hours, wherever you are and whenever you need a moment of calm. Emphasizing expression, rather than repression, of emotion, these dynamic practices can begin with a variety of movements and sounds, or with silence. Meeting practitioners where they are — in sadness, fear, stress, anger, or joy — the techniques can be done in the midst of work, play, and home life, and either alone or with others. Drawing on such traditions as Sufism and Buddhism and such teachers as the twentieth-century mystics Osho and Gurdjieff, Dove's synthesis meets the needs of contemporary life with attention to the full range of human experience and reverence for the peace and joy possible in every moment.



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