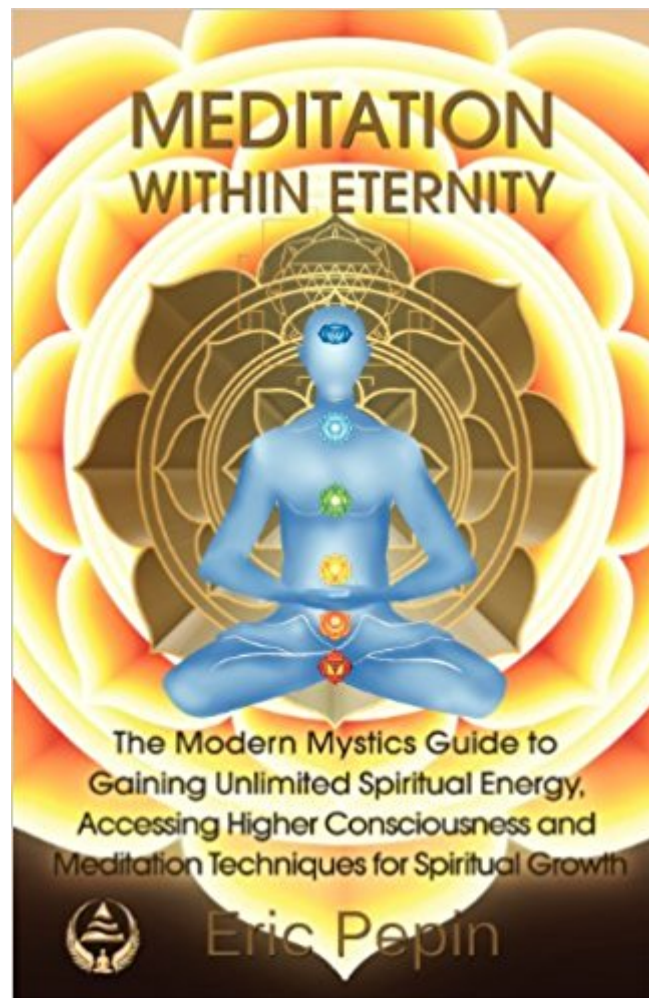


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# **Meditation Within Eternity: The Modern Mystics Guide To Gaining Unlimited Spiritual Energy, Accessing Higher Consciousness And Meditation Techniques For Spiritual Growth**





## Synopsis

6 Reasons to Read Meditation within Eternity

1. Easiest Way to Meditate This meditation was specially designed to give you maximum results with minimum effort. It's really an "all in one" technique where one single action allows you to maximize your results.
2. Rake-in Spiritual Energy The technique is direct and unmediated. It is a new meditation method that you will not find anywhere else that allows you to absorb massive amounts of spiritual energy.
3. Feel inner peace and serenity Improve the flow of your energy, release your emotional blocks and re-balance your energy body.
4. Unfold deep inner experiences Develop your sixth sense and inner powers to have direct, real spiritual experiences.
5. Learn To Sense, Feel And Affect Spiritual/Psychic/Metaphysical Energy This energy controls, manipulates and directs you every day of your life and 99.9% of people have no idea they are being affected by it. Remove negative energy, replace it with positive.
6. Develop your "bubble of personal energy" Multiply the synchronicities in your life (chance meetings, opportunities, luck), connect and communicate with your Higher Self, and Find the source of that feeling that is calling you all by creating a perfect, 'magnetic' bubble of higher energy.

MEDITATION WITHIN ETERNITY is a journey into the heart of being spiritual in the modern world. Practical yet provocative, it pushes the limits of what spirituality is conceived to be: it is the extraordinary yet invisible aspect of the universe we have forgotten how to touch, hear and see. This guide offers simple methods to gain unlimited spiritual energy, a forgotten resource and the reason why most seekers fail to truly grow spiritually. It also solves the missing link to accessing higher consciousness: the magnetic sense, or sixth sense, each of us possesses. Following simple techniques and practical advice you will learn how it is possible to tap into the source code of reality. MEDITATION WITHIN ETERNITY provides easy, short meditation techniques for real spiritual growth. It serves a humble purpose to give you the ability to experience spiritual awakening for yourself. To become one with the consciousness of the universe.

## Book Information

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## Customer Reviews

There is a future being created, where science and spirituality merge to a singular point, becoming a third. ERIC PEPIN is at the forefront of this wave, forging a renaissance of mystical exploration. His mission: recreate the process of his own awakening, brought about by the hybrid of paranormal experiences and an inner navigation. Eric is the author of *The Handbook of the Navigator*, an bestseller in spirituality, and founder of the Higher Balance Institute.

One person asserted that only five pages are of value in this book. That might be a bit of an exaggeration. I will admit that there are so many metaphors that the author uses to get his point across. I guess I can appreciate this as I believe this book is geared toward the beginner. And in order to help a beginner understand; the use of metaphors comes in handy. I was growing a bit impatient as the book progressed. You will read through more than halfway through book before you even start any techniques. But instruction for the techniques are eventually covered and I found them to be extremely helpful. Oddly enough, the technique that I typically use to meditate is not all that different. Pepin advises the half Lotus position but then also recommends a seated position for those of us who can't manage this position physically. I am one of those people and must sit with my feet flat on the floor. My legs go numb if I sit in any form of a lotus position for too long. In the past I have meditated by using a technique called "running energy" and it requires being seated with feet flat on the floor but with the palms up while resting on the thighs. I wonder if all the difference with Pepin's technique has to do with is bringing the placement of my hands toward the lower abdomen with one hand cupping the other (complete directions provided in the book, of course). Additionally, the placement of your middle and index finger on the three main chakras allowed me to "see" some really amazing things as far as clearing energy that isn't mine in my energy system. I pretty much didn't start the techniques until I finished the whole book. The techniques are illustrated after reading roughly seventy percent of the book. But as he continues on with more metaphors I kinda started to feel like I lost the instruction from memory. Admittedly, I was getting a bit annoyed with it all. However, by the time you finish (at least the Kindle version, which is what I bought) you are invited to click a link that takes you to a web address in order to provide your e-mail address but

also to view a demo video (which is on youtube.com). You also get access to some very large zip files with more information. I have yet to read them but they are downloaded and waiting for me. I will provide an update later, perhaps. Providing a demo video is better than any type of written review or trying to thumb back through my smartphone to find the illustrations and directions for the meditation I read previously (for those of you that don't know, Kindle doesn't use page numbers so when you read something it can be a bit of a pain to try and go back to it since you can't reference page numbers). And yes, I do know that by providing your e-mail address that you will be solicited by Pepin's attempts to get you to buy more material. But that's no big deal as you can always opt out of them whenever you want by unsubscribing. It seems that something as simple as changing hand placement has made my meditations reach the next level. With the technique that I used in the past I have always had my palms facing upward while resting on my knees. I feel like now that I have my hands cupped and resting at my lower abdomen that I am really channeling more energy (the prana that he mentions) into me and I am clearing a lot of gunk in my body and chakras that simply needs to go. Pepin refers to the prana energy as "God" and that you have to ask and give permission to this energy to enter you in order to create healing. As I meditate I talk to the "prana" in a prayerful tone and ask for healing. Example, "Prana, please enter all of my lower chakras and help me cleanse and clear whatever is there that does not serve me." I carry on in this manner with my energy and body and am really feeling some shifts. Also, it really is amazing how much heat my body generates by using this technique. It's wintertime and I keep it at around sixty degrees in my place. I do this to save on energy costs; not because I like it. But after my meditating by using Pepin's technique I find myself sweating and need to remove my hat and sweatshirt. I will say that I do disagree with one statement in his book. As far as hand/finger placement is concerned, he says that focusing on the navel, heart and third eye chakra (2nd, 4th and 6th) is all that is necessary. I have tried it his way but have noticed that focusing on all the chakras along the spinal path has benefitted me more. I don't put my two fingers on every chakra but I do focus on directing prana into each chakra and I get a lot of clairvoyant imagery and information that is really beneficial for me.

Okay, okay: read the first few pages, there are a few nuggets in them. When you get tired of idiosyncratic use of words and phrases that may not fit anyone else's preferred pattern of speech, skip to 58%. You will miss out on inappropriate use of contractions, sentence fragments, and unnecessary comma placements throughout an aimless waffle of redundant chatter loosely based on the topic of meditation. After that, the author does share GOLD. I've meditated for two decades, and never considered some of it. An example: hand posture, what some may call "mudras". I have 5

books on the subject, but never considered WHY some of it works, and the way he explained two examples was so "common sense", I marveled that I had never seen it before, and felt that half of the book's cost was worth that alone! The author clearly knows his subject, and just as clearly has some good stuff to say. What keeps this book from being five stars is 1) the overall lack of organizational flow, and 2) the conversational tone was too loose for a non-fiction book. However much I may or may not like the presentation, though, the "meat and vegetables" of this dish were too good not to give a decent score. Sort of like getting a 5-star restaurant to deliver their food in McDonald's wrappers. Overall, I'm glad I read it. May the author enjoy the function of a good editor in the future!

Eric Pepin's teachings are layered and you can't rush enlightenment. You can go back and reread this several times and always gain new insights. Higher Balance Institute is amazing and you gain much more than you ever thought possible.

This book has helped me by sharing different approaches on how I should be meditating. I will be adding some of these techniques to better my focus and approach to meditation.

I found this book to be quite informative about the meditational process. I have been unsuccessful for the past 4 years with my attempts. I feel certain I will reach my goals now. Pepin explains with analogies that make the process seem so simple. Other teachers never got to the level as Pepin. Can't wait to read next book!

Good information about meditation in this book. Eric's writing style is a little bit random and cluttered, but his description on the most effective way to meditate has been very helpful to me. I still use his methods to this day when I meditate and have experienced an overall calm and well-being almost every time I sit down to meditate. I have had a few somewhat profound spiritual experiences that have had a transformative effect on me thanks to his meditation teachings.

As a beginning student of meditation, I found this resource to be an invaluable guide from someone who has spent a lot of years teaching others how to do this. He does a great job of delineating how and why this works, and techniques to deliver results. I most appreciate his contextual teaching that gives you an attitudinal framework that gives you motivation to stay with this and work hard for the results.

I have been looking for a good How To book on Meditation that was clear, insightful and reflected the writers excitement rather than just throwing a bunch of big impressive words down for the purpose of conveying an air of superior intellect that is out of reach to the common person. I became excited about meditation because I felt that Eric Pepin was excited and he truly wants us to experience this wonderful God Given Gift as well. Thank You Mr. Eric Pepin!

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