



The Law of Attention: Nada Yoga and the Way of Inner Vigilance (Paperback)

By Edward Salim Michael

Inner Traditions Bear and Company, United States, 2010.
Paperback. Book Condition: New. 2nd Revised edition. 226 x 152 mm. Language: English . Brand New Book. This book--at once simple and powerful--stands as a monument to the lifelong spiritual struggles of Edward Salim Michael, struggles that he heroically surmounted on his path to enlightenment. Due to the circumstances of his birth, Michael had no education, no mother tongue, and no book learning when he was drafted at the age of 19 into the British Royal Air Force during World War II. After learning to read and write he became an accomplished classical composer in France. In 1949, after seeing a statue of a Buddha for the first time, he experienced a powerful awakening of his innate Buddha Nature, which inspired him to begin a sustained and extremely disciplined meditation practice. Michael abandoned his career as a composer and went to India, the home of his maternal grandmother, where he lived for seven years fully focused on his spiritual awakening. Michael's spiritual teachings reveal techniques of yoga and meditation that can open the door to one's higher nature and to directly experience the after-death state. Nada yoga (meditation on the...



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