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# Close Your Eyes and Open Your Mind: A Practical Guide to Spiritual Meditation

*Dada Nabhaniilananda*

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# Close Your Eyes and Open Your Mind: A Practical Guide to Spiritual Meditation

*Dada Nabhaniilananda*

**Close Your Eyes and Open Your Mind: A Practical Guide to Spiritual Meditation** Dada Nabhaniilananda
This is an easy to read, easy to understand, illuminating book on meditation. I strongly recommend it for the new practitioner or the seasoned meditator. It is full of insights. Transformative. - Professor Sohail Inayatullah, Tamkang University, Taiwan. Dada Nabhaniilananda has in a masterful stroke answered many common questions on meditation, given useful tips and guidelines on how to practice interspersed with his subtly humorous stories, and clarified for the reader the essence of meditating with profundity and practicality. Not only does he shares with us the fine nuances of mantra meditation, he goes further than many current authors on meditation by offering us a glimpse into the social dimensions of genuine spirituality. - Kris Kang PhD. (Studies in Religion) Co-Author of The Meditative way: Theory and Practice of Buddhist Meditation This book includes Sunrise Meditation and Sunset Meditation, two beautiful guided meditation MP3s that you can download for free.

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