



# The Contemplative Life

*Joel S. Goldsmith*

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## **The Contemplative Life** Joel S. Goldsmith

Joel Goldsmith, an internationally known spiritual leader, has here brought fresh insight to the practice of contemplation and meditation in everyday living.

This is a guidebook to attainment of inner peace and joy for those who are seeking a way to live a full and complete life here and now. How the mind can transcend its apparent limitations and become what it is intended to be, an instrument for the free flowing of the Spirit, is specifically explained by the author in his description of the resources available in meditation.

Goldsmith, author of "Realization of Oneness" and "Beyond Words and Thoughts", here helps those who are seriously seeking a center of self and a personal answer to the meaning of God in everyday living. Readers of this book will find that a door will open to a fuller, more meaningful existence. It will help to eliminate confusion and lack of direction, which are obstacles to man's achieving his highest potentialities.

This is not a work for the visionary seeking escape from the world. This is a work for persons who are seeking a way to live the contemplative life in the midst of the world.

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