



If freedom is your only option: Integrating meditation with life

Ajay Kapoor

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When you meditate, there are so many questions that arise in your mind. You want to know their answers desperately. This book is a compilation of such questions asked by students of Z Meditation Retreats. Ajay Kapoor, the meditation teacher, says that his only job is to create space in the mind so that the divine can flow freely. These answers are therefore not his answers. The universal Intelligence is the only true teacher.

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