



# Handbook of Meditation

*Sneh Chakraburty*

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# Handbook of Meditation

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## **Handbook of Meditation** Sneh Chakraburttty

All true religions and spiritual practices tell us that the divine lies within us. Kriya yoga teaches that soul is the God dwelling in each of us. All the knowledge is within this body. All the deities are within this body. All the pilgrimages happen within this body. Therefore enter the Body Temple. It is only those who do not worship internally, that go to external temples to worship.

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