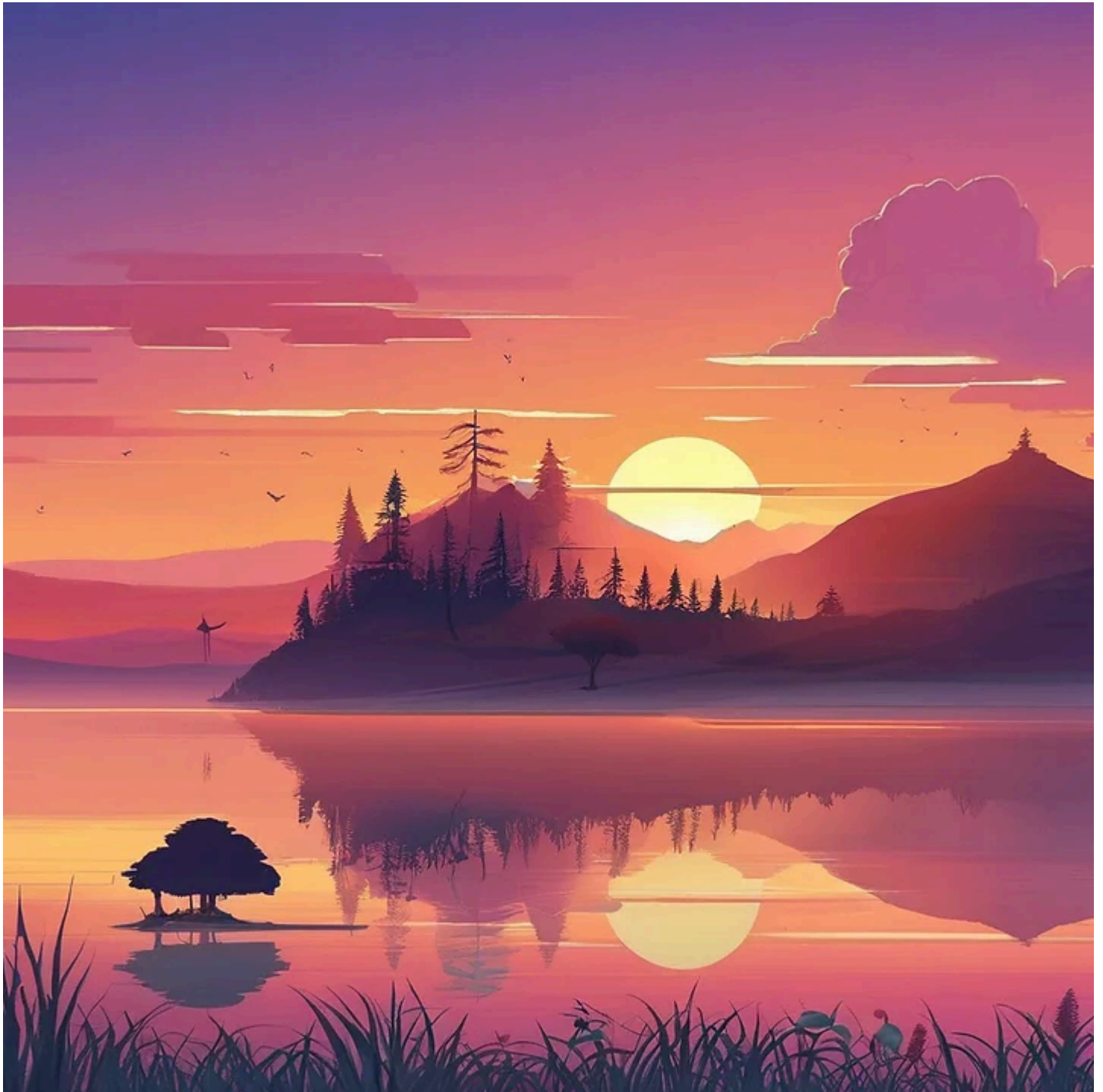


1 min read

# Formula for Spiritual Practice



## FORMULA FOR SPIRITUAL PRACTICE

3 to 5 minutes – Natural Deep Breathing

30 to 40 minutes – Natural Meditation

Once OR Twice a day at your convenient time

**Note:**

Read Natural Meditation again and again to understand Meditation better and then follow it. Continue to read often in the light of your experiences in Meditation so that you understand Meditation much better.