



Seven Masters, One Path: Meditation Secrets from the World's Greatest Teachers

John Selby

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Seven Masters, One Path brings together the seven primary practices of the world's most revered spiritual masters—Krishnamurti, Lao-tzu, Buddha, Jesus, Mohammed, Gurdjieff, and Patanjali—in one simple yet complete program. Finally everyone who wants to learn how to meditate, or to deepen their meditation practice, can turn to one comprehensive guidebook that leads readers gently yet surely into experiencing the seven universal dimensions of daily meditation practice.

Seven Masters, One Path guarantees access to deep meditative experience for people seeking relief from emotional and mental stress, and especially for anyone who longs to experience a deeper sense of connection with our spiritual core. No matter how divergent all the theologies, philosophies, rituals, and dogmas of the world's great meditative traditions might appear, John Selby reveals that the underlying intent of the original masters was remarkably similar—to help people to point their attention toward regular contact with the divine, through opening hearts and souls to direct communion with God by whatever name.

Offering one meditation each from the seven teachers, Seven Masters, One Path emphasizes the commonalities in the diverse traditions, ultimately providing a unique and accessible meditation program that anyone can master.



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