



# Free Your Mind: An African American Guide to Meditation and Freedom

*Cortez R. Rainey*

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Although more and more Americans are practicing meditation, it is still relatively rare among African Americans. In *Free Your Mind*, Cortez Rainey does something about this by speaking directly to African Americans about meditation.

*Free Your Mind* introduces meditation by using stories about the heroic men and women who journeyed from slavery to freedom on the Underground Railroad.

This easy to read guidebook explains how to use meditation principles and techniques at home, either alone or with family and friends, to free your mind from thoughts that keep you shackled and bound.

As you apply the principles and practice the techniques, the stories about Underground Railroad heroes and heroines—such as Harriet Tubman—will guide you and inspire you to overcome challenges you encounter while meditating, as well as the ones you encounter in everyday life.

*Free Your Mind* presents meditation as a path that African Americans can use to develop a mind that is free of limiting thoughts. As you journey, you will bring forth more of your “inherent goodness, genius, and potential.” Eventually, you’ll reach the “Promised Land.”

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A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or even playing video games all day long. If you would like try to find a new activity that's look different you can read a new book. It is really fun for you. If you enjoy the book which you read you can spent the entire day to reading a e-book. The book Free Your Mind: An African American Guide to Meditation and Freedom it is extremely good to read. There are a lot of individuals who recommended this book. These were enjoying reading this book. If you did not have enough space to create this book you can buy the e-book. You can m0ore simply to read this book through your smart phone. The price is not too expensive but this book features high quality.

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Exactly why? Because this Free Your Mind: An African American Guide to Meditation and Freedom is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will jolt you with the secret the item inside. Reading this book next to it was fantastic author who else write the book in such awesome way makes the content inside easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this any more or you going to regret it. This book will give you a lot of benefits than the other book possess such as help improving your skill and your critical thinking way. So , still want to postpone having that book? If I were you I will go to the e-book store hurriedly.

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