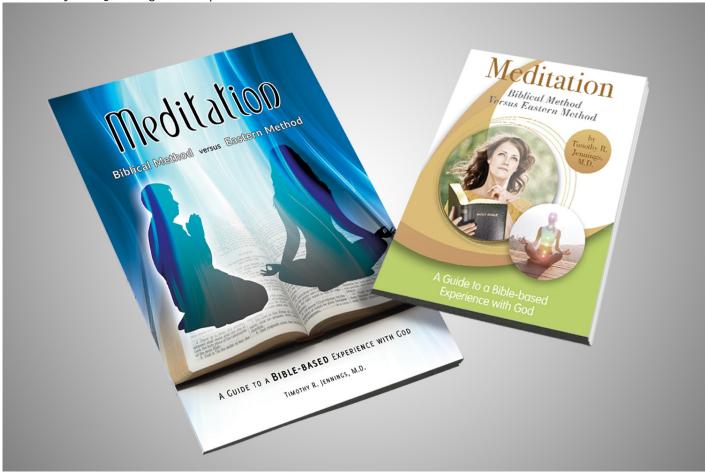
## **Meditation Guide**

written by Tim Jennings, M.D. | March 14, 2021



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Does meditation matter in your experience and understanding of God? Yes it does! In this in-depth guide, you will gain knowledge to discern the differences between biblical and Eastern meditation, the divergent meditation methods, and their impact upon brain function and character outcome.

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