

Meditation Secrets from the World's Greatest Teachers

SEVEN MASTERS, ONE PATH



SHANTANU - watching the breath

MAO ZHONG - quieting the mind

BUDDHA - accepting the truth

JIUJIU - awakening the heart

MOONSHAN - essential feeling

MAO ZHONG - self-mastery

MAO ZHONG - experiencing bliss

JOHN SELBY

Bestselling Author of *Radical Awakening*



Seven Masters One Path

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