

CLOSE YOUR EYES & OPEN YOUR MIND MEDITATION HOME STUDY COURSE

DADA NABHANIILANANDA

GETTING STARTED GUIDE

The materials in this box will help you to become established in a daily practice of meditation so that you can experience the incredible benefits of this wonderful, time tested practice.

Inside the box you will find:

- *Close Your Eyes & Open Your Mind* - the book
- *Close Your Eyes & Open Your Mind - Meditation Course Guidebook*
- *Close Your Eyes & Open Your Mind* - audio-book - download card for the set of MP3's
- *Guided Meditations* - 4 CD set
- *The Best of Sukha Deva* - spiritual chanting CD
- CYE Evaluation Form

The course is designed to take 8 weeks to complete. The Guidebook takes you through each step, and explains exactly how to use the other materials.

When you complete the course, if you submit the evaluation form and other assignment materials as instructed, you will be eligible for a free 30 minute personal telephone consultation with an expert meditation teacher.

Happy meditating!



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The Monk Dude