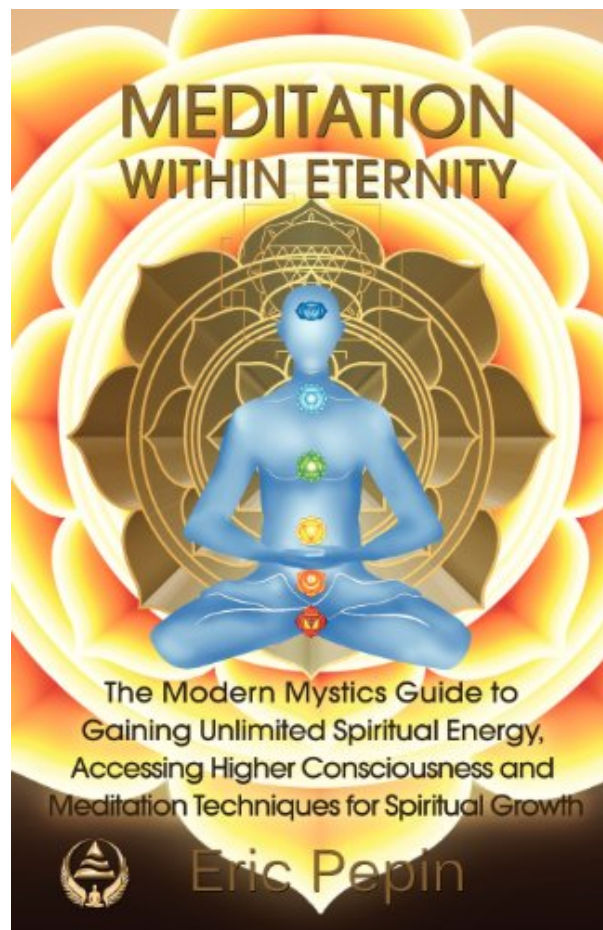
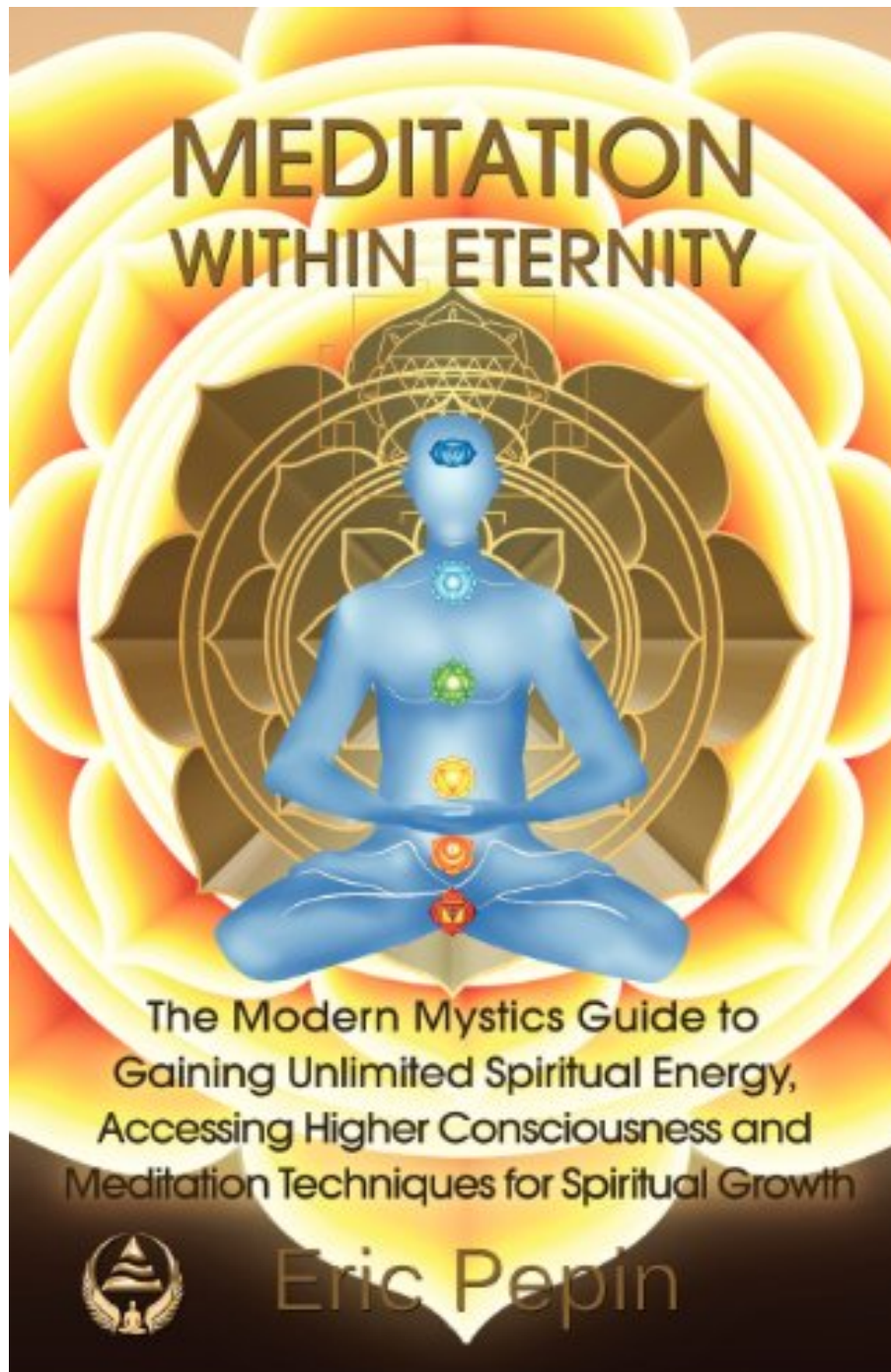


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About the Author

There is a future being created, where science and spirituality merge to a singular point, becoming a third. ERIC PEPIN is at the forefront of this wave, forging a renaissance of mystical exploration. His mission: recreate the process of his own awakening, brought about by the hybrid of paranormal experiences and an inner navigation.

Eric is the author of *The Handbook of the Navigator*, an Amazon bestseller in spirituality, and founder of the Higher Balance Institute.

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5. Learn To Sense, Feel And Affect Spiritual/Psychic/Metaphysical Energy

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MEDITATION WITHIN ETERNITY is a journey into the heart of being spiritual in the modern world. Practical yet provocative, it pushes the limits of what spirituality is conceived to be: it is the extraordinary yet invisible aspect of the universe we have forgotten how to touch, hear and see.

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Most helpful customer reviews

121 of 125 people found the following review helpful.

Basic yet substantial...and quite effective....

By ABC_Easy_As_123

One person asserted that only five pages are of value in this book. That might be a bit of an exaggeration. I will admit that there are so many metaphors that the author uses to get his point across. I guess I can appreciate this as I believe this book is geared toward the beginner. And in order to help a beginner understand; the use of metaphors comes in handy. I was growing a bit impatient as the book progressed. You will read through more than halfway through book before you even start any techniques. But instruction for the techniques are eventually covered and I found them to be extremely helpful.

Oddly enough, the technique that I typically use to meditate is not all that different. Pepin advises the half Lotus position but then also recommends a seated position for those of us who can't manage this position physically. I am one of those people and must sit with my feet flat on the floor. My legs go numb if I sit in any form of a lotus position for too long. In the past I have meditated by using a technique called "running energy" and it requires being seated with feet flat on the floor but with the palms up while resting on the thighs. I wonder if all the difference with Pepin's technique has to do with is bringing the placement of my hands toward the lower abdomen with one hand cupping the other (complete directions provided in the book, of course). Additionally, the placement of your middle and index finger on the three main chakras allowed me to "see" some really amazing things as far as clearing energy that isn't mine in my energy system.

I pretty much didn't start the techniques until I finished the whole book. The techniques are illustrated after reading roughly seventy percent of the book. But as he continues on with more metaphors I kinda started to feel like I lost the instruction from memory. Admittedly, I was getting a bit annoyed with it all. However, by the time you finish (at least the Kindle version, which is what I bought) you are invited to click a link that takes you to a web address in order to provide your e-mail address but also to view a demo video (which is on youtube.com). You also get access to some very large zip files with more information. I have yet to read them but they are downloaded and waiting for me. I will provide an update later, perhaps. Providing a demo video is better than any type of written review or trying to thumb back through my smartphone to find the illustrations and directions for the meditation I read previously (for those of you that don't know, Kindle doesn't use page numbers so when you read something it can be a bit of a pain to try and go back to it since you can't reference page numbers). And yes, I do know that by providing your e-mail address that you will

be solicited by Pepin's attempts to get you to buy more material. But that's no big deal as you can always opt out of them whenever you want by unsubscribing.

It seems that something as simple as changing hand placement has made my meditations reach the next level. With the technique that I used in the past I have always had my palms facing upward while resting on my knees. I feel like now that I have my hands cupped and resting at my lower abdomen that I am really channeling more energy (the prana tha the mentions) into me and I am clearing a lot of gunk in my body and chakras that simply needs to go. Pepin refers to the prana energy as "God" and that you have to ask and give permission to this energy to enter you in order to create healing. As I meditate I talk to the "prana" in a prayerful tone and ask for healing. Example, "Prana, please enter all of my lower chakras and help me cleanse and clear whatever is there that does not serve me." I carry on in this manner with my energy and body and am really feeling some shifts. Also, it really is amazing how much heat my body generates by using this technique. It's wintertime and I keep it at around sixty degrees in my place . I do this to save on energy costs; not because I like it. But after my meditating by using Pepin's technique I find myself sweating and need to remove my hat and sweatshirt.

I will say that I do disagree with one statement in his book. As far as hand/finger placement jis concerned, he says that focusing on the navel, heart and third eye chakra (2nd, 4th and 6th) is all that is necessary. I have tried it his way but have noticed that focusing on all the chakras along the spinal path has benefitted me more. I don't put my two fingers on every chakra but I do focus on directing prana into each chakra and I get a lot of clairvoyant imagery and information that is really beneficial for me.

64 of 65 people found the following review helpful.

Skim the first 50% of the book, then go panning for the gold nuggets.

By Midwest Man

Okay, okay: read the first few pages, there are a few nuggets in them. When you get tired of idiosyncratic use of words and phrases that may not fit anyone else's preferred pattern of speech, skip to 58%. You will miss out on inappropriate use of contractions, sentence fragments, and unnecessary comma placements throughout an aimless waffle of redundant chatter loosely based on the topic of meditation.

After that, the author does share GOLD. I've meditated for two decades, and never considered some of it. An example: hand posture, what some may call "mudras". I have 5 books on the subject, but never considered WHY some of it works, and the way he explained two examples was so "common sense", I marveled that I had never seen it before, and felt that half of the book's cost was worth that alone!

The author clearly knows his subject, and just as clearly has some good stuff to say. What keeps this book from being five stars is 1) the overall lack of organizational flow, and 2) the conversational tone was too loose for a non-fiction book.

However much I may or may not like the presentation, though, the "meat and vegetables" of this dish were too good not to give a decent score. Sort of like getting a 5-star restaurant to deliver their food in McDonald's wrappers.

Overall, I'm glad I read it. May the author enjoy the function of a good editor in the future!

2 of 2 people found the following review helpful.

There are a few nuggets of wisdom here that I am glad I found

By Now that I think about it

I agree with many reviewers. There are a few nuggets of wisdom here that I am glad I found. Otherwise, as an author, I can't imagine how he let this book go out as completed. If he had beta readers who were looking

for ways to improve readability, they missed the mark. Here are some of the writing errors: 1) He uses terms early in the book that are familiar to him but not the readers such as DOE and babblers. Eventually we find out what they mean, but at the time they are introduced we don't know what he is talking about. 2) He repeats ideas constantly without enlarging them. Just because you say it again, doesn't mean the reader knows what you mean. 3) He may be a wonderful speaker and teacher, but he is not a writer. He needs a really good ghost writer or at least an honest editor.

I have been reading about and practicing meditation for over fifty years. He does have some good insights I found helpful, but most of the book was a waste of time. I certainly wouldn't recommend it to a new meditator. They would be so confused they would shut down. So, in a nut shell, some good material if you are patient enough to wade through the confusion. I hope his classes are better than this.

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