

Download Meditation : The First And Last Freedom

Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Discover Holosync® and experience this free demo that gives you a clearer mind, better health, more happiness and peace of mind. Try it right now! Meditations on First Philosophy in which the existence of God and the immortality of the soul are demonstrated (Latin: *Meditationes de Prima Philosophia, in qua Dei existentia et animæ immortalitas demonstratur*) is a philosophical treatise by René Descartes first published in Latin in 1641.