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| John Hunt Publishing - **MANTRA BOOKS** - announces the new title | | |
| **Divine Meditations: 26 Spiritual Qualities of the Bhagavad Gita**  Jenny Light  Learn to meditate consciously and discover your Divine heritage through self-realisation. Divine Meditations: 26 Spiritual Qualities of the Bhagavad Gita is an inspirational, spiritual workbook which unravels the Cosmic Illusion of duality using intuitional wisdom, pranayama, meditations and prayers. Structured in four parts, the book focuses upon meditation in reference to Patanjali's eightfold path, the Bhagavad Gita and the spiritual aspirant, the 26 qualities and how to assume them and transcending the Cosmic Illusion through devotion.  **Author Bio** Jenny Light is an inspirational speaker, therapist, teacher of meditation and yoga, and artist. She coaches sufferers of Chronic Fatigue Syndrome, and her book Living Lightly details her spiritual journey to regaining her own health. Jenny travels to MBS events across the UK, where competition to attend her talks and workshops is fierce. She lives in Ayrshire, Scotland. Online: [Facebook](https://www.facebook.com/jennylighthealer?ref=hl), [Author Website](http://living-lightly.co.uk), [Twitter](http://www.twitter.com/#!/https://twitter.com/jennylght)  **Previous Titles** Living Lightly: A journey through Chronic Fatigue Syndrome (M.E.) (9781785351396), Ayni Books, 2015.  **Endorsements** *I recommend this book to all those who are seeking spiritual Truth. This is the first time that I have seen an author’s effort in relating a practical pranayama, a meditation, and an affirmation to each of the 26 Spiritual Qualities of the Bhagavad Gita. It is an interesting and inspiring way to keep us reminded of these spiritual qualities and to practically bring them into our meditation and everyday living…* ***Stephen Sturgess, Kriya Yoga meditation teacher and author***  **Promotional Plans** Spiritual events and conferences. Meditation workshops including Glastonbury. Talk and stand at The Mindful Living Show in London June 2018. Workshop at The OM Yoga Show in London. Stand & Talk at the Holistic Ways Festival events across Scotland. Social media and website promotion, crossed with JHP MBS social media, blog, YouTube.  **USP** User-friendly, unique workbook of meditations and breathing exercises, each linked to one of the twenty-six spiritual qualities of the Bhagavad Gita. Meditation for the every-day.  **Competing Books** A Course in Tranquility: Integrating Meditation, Effective Living, and Non-Dualism 9781477678787, by Ryan Kurczak CreateSpace Independent Publishing Platform, 2013  **Categories** BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000) SELF-HELP (General)(SEL021000) -> Motivational & Inspirational(SEL021000) HEALTH & FITNESS (General)(HEA025000) -> Yoga(HEA025000) |  | **Publication Date** January 2019  **Paperback** ISBN: 978-1-78535-890-6 $18.95  |  £11.99 8.5x5.5 inches | 216x140 mm 240PP  **e-book** ISBN: 978-1-78535-891-3 $8.99  |  £5.99  **Library of Congress** 2017957121 |
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