



# Practical Mysticism (Discourses on "The Teachings of Kirpal Singh") (Volume 1)

*Michael Turner*

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"Practical Mysticism" is a collection of talks I gave following readings of key chapters from "The Teachings of Kirpal Singh". Each reading and talk focused on a different aspect of Surat Shabda Meditation: a method of focusing your attention upon and harmonizing it with the Eternal Spiritual Current (e.g., Word, Holy Spirit, Ruach, Kalma and Shabda). In doing so you will: a) lifted above body-consciousness; b) gradually cease to create karma; and, c) experience soul-realization, God-realization and spiritual freedom in this lifetime.

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