



# Seven Masters, One Path: Meditation Secrets from the World's Greatest Teachers

*John Selby*

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**Seven Masters, One Path: Meditation Secrets from the World's Greatest Teachers** John Selby  
*Seven Masters, One Path* brings together the seven primary practices of the world's most revered spiritual masters—Krishnamurti, Lao-tzu, Buddha, Jesus, Mohammed, Gurdjieff, and Patanjali—in one simple yet complete program. Finally everyone who wants to learn how to meditate, or to deepen their meditation practice, can turn to one comprehensive guidebook that leads readers gently yet surely into experiencing the seven universal dimensions of daily meditation practice.

*Seven Masters, One Path* guarantees access to deep meditative experience for people seeking relief from emotional and mental stress, and especially for anyone who longs to experience a deeper sense of connection with our spiritual core. No matter how divergent all the theologies, philosophies, rituals, and dogmas of the world's great meditative traditions might appear, John Selby reveals that the underlying intent of the original masters was remarkably similar—to help people to point their attention toward regular contact with the divine, through opening hearts and souls to direct communion with God by whatever name.

Offering one meditation each from the seven teachers, *Seven Masters, One Path* emphasizes the commonalities in the diverse traditions, ultimately providing a unique and accessible meditation program that anyone can master.

## Seven Masters, One Path: Meditation Secrets from the World's Greatest Teachers Details


Date : Published May 6th 2003 by HarperOne

ISBN : 9780060522513

Author : John Selby

Format : Hardcover 224 pages

Genre : Religion, Spirituality, Nonfiction, Buddhism, Philosophy

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## **From Reader Review Seven Masters, One Path: Meditation Secrets from the World's Greatest Teachers for online ebook**

### **Dion says**

Beautiful practical guidance into the nature and actual practice of meditation.

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### **Suzanne says**

Although technically I have read it, this is a permanent bedside book. The chapters are meant to build on each other to create an ever deepening meditation practice, but I enjoy reading through the book willy nilly for daily reminders on how to be present.

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### **Leanna Manuel says**

This book expanded my understanding of meditation. It appealed to me in a way that other books about meditation have not. The author's ability to integrate the teachings of spiritual masters from a variety of traditions into a cohesive meditation practice was both intriguing and stimulating. The repetitive nature, with each section building upon the previous one, was exactly what I needed in order to feel comfortable and begin to internalize the process.

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### **Synthia says**

It was ok. I suggest reading the last chapter and skimming through the rest. The audio is no longer available online.

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### **Jennifer says**

Excellent!

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### **David Melbie says**

Very good. I am going to use this approach to meditation from now on. . .

I am breathing freely.

My mind is quiet.

I accept the world just as it is.

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I love myself just as I am.

My heart is open to receive.

I know who I am.

I am . . . here . . . now . . . in bliss.

--From *A Reader's Journal*, by d r melbie.

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## **Maggie says**

a good guided practice from seven different yet similar perspectives. downloaded from learnoutloud dot com. recommended. i've listened several times. selby's voice and instructions are solid.

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## **Mori says**

Quotes from Osho from Book of Secrets

all the technique of meditation are to reveal the knower. dont forget yourself and get lost in the object. remember the subject and then a miracle will happen. as you become aware of both the known and the knower, suddenly you be-aware of both known and knower. a witnessing self comes into being. the knower is your mind and the known is the world, and you become a third point, a consciousness, a witnessing self. I close my eyes and see clearly..., I stop listening and hear truth..., I am silent and heart sings..., I seek no contact and find union..., I am still and move forward..., I am gentle and need no strength..., I am humble and remain whole...

Meditation steps:

Breath watch: experience breath sensation in nose..., experience movement in chest and belly...

I am berating freely.

Quiet mind: Observe breathing and heartbeat together..., also expand to hear sounds...My mind is quiet

Accepting truth: Are you at peace or suffering...stop judging...embrace the present situation...I accept the world just as it is...

Heart awakening: are you judging yourself? open to inflow of unconditional love... I love myself just as I am.

Emotional healing: observe and accept emotions...have faith...let the feelings heal... My heart is open...to receive...god's healing help.

Self remembering: listen to sounds..see everything at once....look to your inner source of awareness.. I know who I am

Experiencing bliss: give yourself permission...open up to insight and passion...I am here ...now....in bliss.

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## **Connie Kronlokken says**

I liked this treatment of the seven masters Selby chooses to describe in his meditation process. He describes their messages with quite clear and simple English. A good start.

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### **Liz says**

It was given to me as a gift. I like parts, but ultimately found other resources I connected with better.

If you're exploring different religions, philosophies or traditions, this has a lot of great insights and starting places for understanding the spiritual interconnection all have.

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### **Banafsheh Serov says**

My yoga teacher recommended this book at a particular unsettled time in my life. I was a little sceptical at first, but the seven paths and using my breath to quite my mind has helped me immeasurably. I am so much more at ease with my life and all its twists and turns

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### **Camilla says**

I LOVED this book. Applicable whatever culture you identify yourself with, it brings together the teachings of krishnamurti, Mohammed, Gurdjieff, Lao Tsu, Jesus, Patanjali and Budha. An easily readable book it's not too heavy. It's inspiring.

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### **Austin the Yogi says**

I did what he suggests: stopped every time he says "pause and experience". It was a beautiful way to practice numerous styles of meditation and mindfulness without judgement. It had a marvelous impact on my daily serenity.

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