



# Seven Masters, One Path Course

*By John Selby*

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## Seven Masters, One Path Course By John Selby

Selby's unique 'short-form' meditation process combines methods from the great masters, plus insights from cognitive science to create an easy-to-use, yet deep, lifelong meditation practice.

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## Seven Masters, One Path Course By John Selby Bibliography

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- Running time: 70 minutes

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