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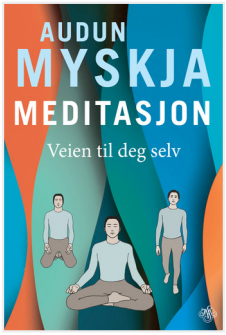

Meditation. The way to finding yourself

Original title: Meditasjon. Veien til deg selv
Publisher: Kagge Forlag 2022
Non Fiction / Health, Body and Mind
English sample chapters, Norwegian PDF

"Meditation is making peace with yourself," says Audun Myskja

You can learn to meditate. Audun Myskja shows you how.
For several years, he has taught a large number of very different people, with different motivations and different needs, to meditate.

Now he has finally gathered all his knowledge, experience and insight into a book. *Meditation. The way to finding yourself*, is the book for anyone who wants to learn to meditate, and for those who want to delve further - written by a nestor in the field.

Audun Myskja's unique combination of western medicine, eastern tradition and warm communication skills reaches an ever-growing audience. In his previous book, he reached out widely with "The Tibetan rites". In this book, he returns to what he does best, and which most people want to learn from him: How to find inner peace through meditation.

Audun Myskja

Audun Myskja is a chief physician, specialist in general medicine, with a doctorate in the use of music in elderly care. he has always known that medical science cannot explain everything and he has witnessed many instances that indicate the existence of health-giving powers other than medical ones.

He runs the Center for Life Aid at Myskjatunet in Totenvika, Norway. He is also a meditation teacher and a musician, with releases of his own compositions, meditation music and training instruction. He has developed educations in music-based environmental treatment and unit therapy, and is a sought-after speaker both at home and abroad.

Audun Myskja has written several strong selling books during the last decade.

Other titles
Reciliense Medicine -Keys to a better Life (2025)
The Tibetan Rites (2021)
Breathe. The Key to Strength, Health and Happiness (2018)
The Art of Aging (2017)
Heal Yourself (2015)
Find Your Inner Strength (2014)
The Art of Dying (2014)