

Written by a highly respected teacher who taught meditation for over forty years, this book gives you all you need to start meditating. With quiet humor, realism, and warmth, Easwaran gives clear instructions and points out the pitfalls. He explains the theory underlying meditation, and conveys the deep joy, security, and selfless energy that regular practice can bring. In Easwaran's universal method of passage meditation, you choose a spiritual text, or passage, from the world's great traditions that embodies your highest ideals. You memorize it, and then send it deep into consciousness through slow, sustained attention. This method of meditation stays fresh because you can vary the passages according to your own needs. With regular practice, the passages become lifelines, taking you to the source of wisdom deep within and then guiding you through the challenges of daily life. Meditation is supported by seven other points in Easwaran's spiritual program, helping you to stay calm, kind, and focused throughout the day.

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