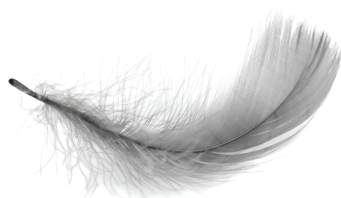


"If you thought you didn't have the time, focus, or discipline to meditate, this book is for you. The approach is both simple and fun, but don't be fooled. It's powerful because it's doable—and truly transformative."

—LISA OZ, host of *The Lisa Oz Show*

# NATURAL MEDITATION



## A Guide to Effortless Meditative Practice

Dean Sluyter

author of *The Zen Commandments*