



Meditation 101 A Clear and Friendly Guide for Beginners of All Persuasions

By Amie Hill

iUniverse. Paperback. Book Condition: New. Paperback. 126 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. Back in 1968, after a friend gave me a few basic instructions on how to begin meditating, it wasn't long before I realized that I was seriously in need of more information on the subject; thus began for me a lifelong informal investigation into the planets numerous meditation traditions. Because I'm a practical person (and one for whom because I said so has never been enough of an answer), I soon discovered that it was important for me to examine the why behind those traditions: the physiology, psychology and purpose of sitting in meditation; its relationship between physical and mental experience; the relationship of each meditation technique to the spiritual tradition which taught it; the relationship of meditation to real life. Along the way, I encountered some remarkable teachers and writings, and every time I found a tidbit of learning (whether from actual experience, from the words or actions of a teacher or from a specific text) which created an aha! moment of clarity and discovery for me, I made a note of it to share and compare with other meditators. What I've put into this book is the cream of...



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