## Bio

﻿Ashok Zaman is a philosophy student and MRes candidate at Macquarie University. He has a long-established background in meditation, which he has practiced seriously since 1996. Professionally he has pursued many interests, from technology journalist to meditation teacher, from somatic therapist to professional actor. Over the past twenty years this has taken him to the UK, the US and Asia, and includes several long phases of up to a year spent in intensive meditation retreat. He currently resides in picturesque Wootton with his wife Anya about four hours’ drive north of Sydney, and plans to make philosopher of mind the next feather in his cap.