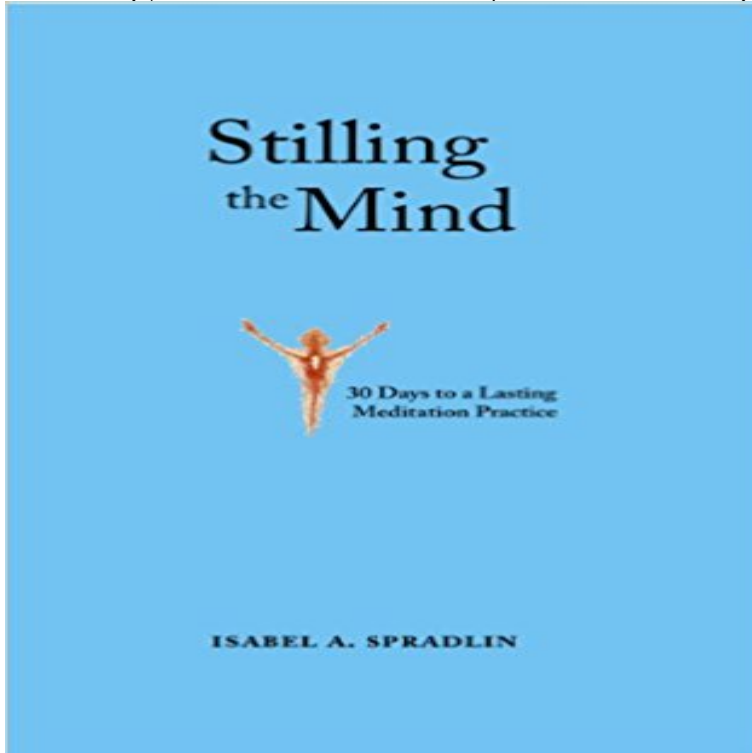


Stilling the Mind: 30 Days to a Lasting Meditation Practice



Whatever tradition your meditation practice is in, Stilling the Mind will help you understand and begin your regular practice. Stilling the Mind includes thoughts on: Why meditate? How do I begin? What happens if I get stuck or want to quit? Stilling the Mind offers practical tools for meditation, including: Postures for meditation; Choosing an object of focus, prayer, or mantra; Understanding and encouragement for a difficult task. From the text: At first, the thought of the discipline required for this practice may seem overwhelming. I think that is largely because in this day and age we are accustomed to use the word discipline only in a punitive sense. Discipline is not a punishment, nor is it something that makes life harder or less enjoyable. Discipline is simply the thing that allows us to move deeper into whatever work we are doing.

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