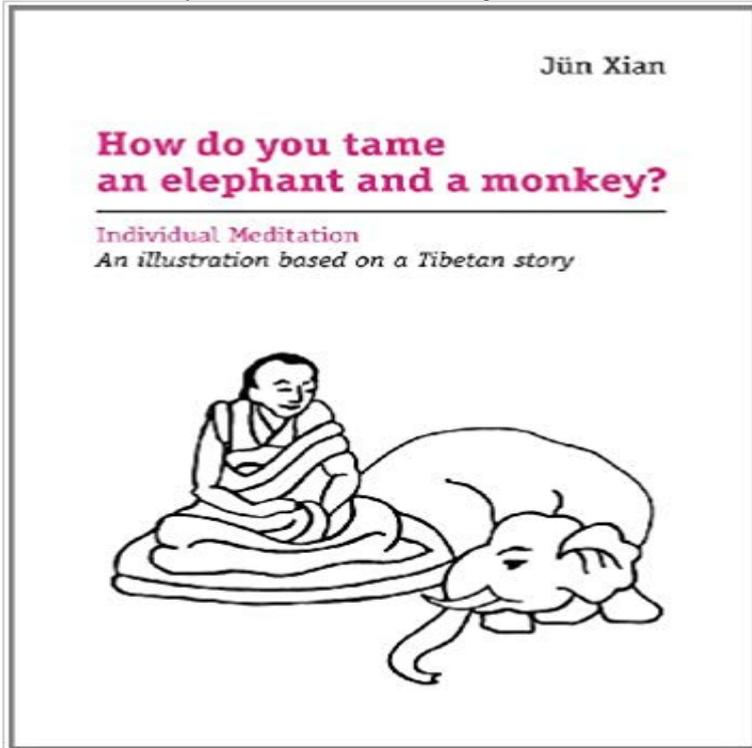


How do you tame an elephant and a monkey?



Based on an ancient Tibetan story, the author describes the path of personal development up to Samadhi. He introduces the aims of meditation and compares them with Buddhist and Hindu traditions. However, personal development requires certain skills that the practitioner needs to develop first. These skills will guide him towards Samadhi. They are called: concentration, mindfulness (known as fluid intelligence in psychology) and mental power (often referred to as will power). The described path allows the reader to become familiar with different meditation techniques (techniques for beginners, advanced and on Master level). The idea of the book is to make the best possible version out of yourself. All you need for that is described in this book. A special role is given to the meditation Master. Freed from all major religious traditions, the book shows the way to absolute personal freedom. The practitioner has different possibilities to reach his goal. Besides the daily practice of meditation, the role of withdrawals (retreats) and the role of so-called meditation days are explained. Particular attention is paid to the development of personal creativity and meditation workshops. As the book presents a very specific topic, it will be difficult for the reader to get a picture of it in advance. However, it is comparable with the book *The Zen of Archery* by Eugen Herrigel.

1. Contents
2. Small difficulties during meditation
3. Practicing concentration and overcoming lukewarm trance
4. The type and duration of meditation
5. The basics to determine a suitable meditation (suitable and unsuitable meditations)
6. Meditations for the advanced
7. Meditations on God and Nothingness
8. The noble meditation of absolute stillness
9. Retreats
10. Daily meditation
11. Meditation weeks
12. Retreats of solitude
13. Insight meditation and creativity (mindfulness, Vipassana)

Meditation to promote mental power¹⁴. The great insight (Samadhi) and what follows¹⁵. Different types of Samadhi

About the author Juen Xian holds the lineage of an old tradition that has existed for over 1200 years. The name Juen Xian is the pseudonym for a man called Milenko Vlajkov who lives in Germany. Milenko Vlajkov, alias Juen Xian, has worked as a cognitive therapist for over 35 years. As an international supervisor, he is responsible for issuing licenses for the internationally recognized Rational Emotive Behavior Therapy (REBT) for all German and Slavic countries. He has completed the professional training in cognitive therapy in Oxford, for REBT in New York. So far, he has published over 100 scientific articles and five books. At the University of Novi Sad, he held the Department of Work and Organizational Psychology. In Germany, he worked at the University of Applied Sciences in Ravensburg in the field of Cognitive Behavioral Therapy. He coaches many meditation students in Germany, Serbia, Slovenia, England and the USA. He has also held seminars on personal development all over Europe, Asia and America.

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