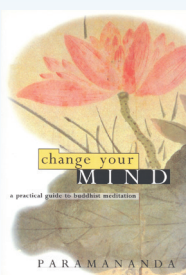


# Books on meditation

## Starting out...

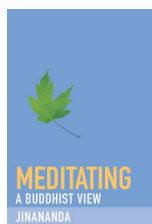
### **Change Your Mind: A Practical Guide to Buddhist Meditation – Paramananda**



*'Put simply, the art of meditation is the art of being with yourself. What happens if we stop, if we take time out from doing anything other than being aware of ourselves? Meditation starts with stepping inside ourselves and leads to stepping outside into the stream of life, separation from which is the source of our deepest discontent.'*

Using the simple traditional practices introduced in this best-selling book, you can learn how to exchange stress and anxiety for calm and clarity of mind, and transform anger and fear into kindness and self-confidence.

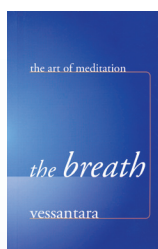
### **Meditating: A Buddhist View – Jinananda**



*'Buddhist meditation is about being true to your experience, and this means getting behind the idea of what is going on, behind the label, to the ungraspable experience of this moment.'*

Jinananda shows you how to start doing this, how to sit comfortably for meditation, and how to do two meditation practices that develop peace of mind and positive emotions.

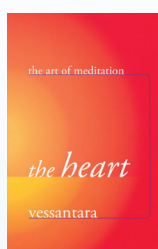
### **The Art of Meditation series:**



#### **The Breath – Vessantara**

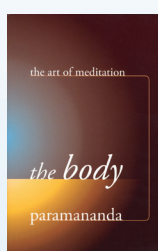
*'The breath is your most fundamental experience of life, and bringing awareness to it can make you more alive.'*

Vessantara provides practical ways to integrate meditation into your life, and suggests methods for deepening calm and concentration.



#### **The Heart – Vessantara**

*'In this short book we shall learn some methods from the Buddhist tradition that will enable us to explore our own hearts, to develop more satisfying ways of being. These methods can help us to become more loving and compassionate towards others, and kinder and more understanding to ourselves.'*



#### **The Body – Paramananda**

*'Meditate and discover the wisdom that the body holds.'*

Paramananda shows us how to bring a kind and inquiring awareness to our physical experience. Through a variety of thoughtfully led meditations he teaches us how to listen to our bodies, to hear the messages we often ignore. We can quickly feel the benefits in a deeper, fuller and more satisfying understanding of ourselves and our relationships.