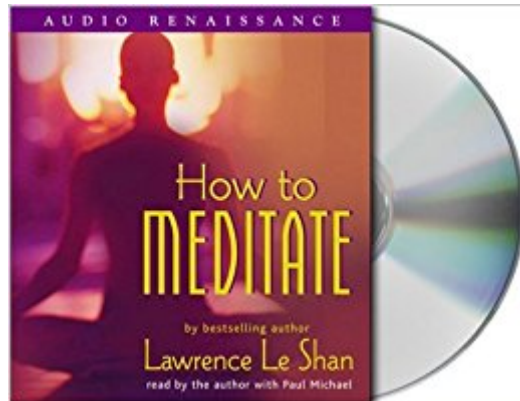




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# How To Meditate, Revised And Expanded



## Synopsis

For over twenty-five years, *How to Meditate* has set the standard for guides to meditation, and now this classic bestseller with over 200,000 copies in print is available on CD for the first time. *How to Meditate* offers a sympathetic initiation in the benefits of meditation and a description of the four distinctly different techniques: the path through the intellect, the path through the emotions, the route of the body, and the path of action.

## Book Information

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## Customer Reviews

Here is one of the most practical guides to meditation. As a psychotherapist and researcher, Lawrence LeShan is more interested in the process and effects of meditation than the spiritual motivations. To LeShan, meditation means training the mind, and he likens it to physical exercise. Like a good trainer, he breaks down the different kinds of meditation into easy-to-learn steps and offers counsel about the best ways to go about it and the pitfalls you are likely to encounter. LeShan isn't pure vanilla, however. He wrote at a time (the early '70s) when meditation was still considered esoteric and strongly associated with the paranormal. Still, he keeps his feet on the ground and suggests that you do, too. Meditation, he says, helps get a new perspective on the world and to attain "an increased serenity and competence in being." If you are a beginning meditator, this perennial favorite is a good place to start. --Brian Bruya --This text refers to an out of print or unavailable edition of this title.

“This is an exceptionally practical and natural description of the meditative life.”  
“This is one of the most sensible books on the subject...LeShan’s wide experience and sound scholarship are evident in each helpful chapter.”  
“This very effective package is highly recommended for beginners as well as professionals and care providers who are often asked about meditation, and who want to be prepared to discuss it knowledgeably.”  
“LeShan provides an excellent introduction to meditation.”

As books about meditation go, this one is still - to me - the best and the least confusing. It is not a new book, but covers everything one should know about meditation, short of actually doing it under instruction. It is written simply and clearly, and mercifully devoid of the tone adopted by many authors of books about mediation, yoga, etc., who sound rather like car sales people on Valium. I would recommend it to anyone interested in meditation.

I love this book for it’s simple and easy introduction to meditation. How to Meditate: A Guide to Self-Discovery made it easy and safe for me to start practicing meditation; the results of that effort changed my life in deep and positive ways in direct proportion to my willingness to practice meditation. There are chapters on the history and the whys of meditation and its effects, but the best is the chapter on how to meditate. For someone wanting to try meditation without having to find a teacher, this book is a great way to start. LeShan has synthesized the practice of many different traditions, but you do not have to buy into any one spiritual tradition to meditate. Instead, the techniques are laid out for you, and none of them are complicated. There are close to a dozen meditation practices described in the book, as well as chapters on tips and traps in meditation. You can also integrate your own spiritual tradition (or other traditions) after you have selected the techniques you want to use. My understanding of this book is that doesn’t matter why you want to try meditation: curiosity, spiritual seeking, discontent with your life, or a self-imposed discipline. They all seem to lead to the same place, and this book tells you how to set your feet on the path.

Lawrence LeShan and his wife did important research in emotional factors in the causation of cancer. That they made their way to MEDITATION is no surprise. This book has long been praised and cherished. I must have had over 20 copies and proceeded to give them away to people I thought they would help. WHY? because Lawrence LeShan writes beautifully and simply and clearly

and accessibly. This is MEDITATION divorced from any alliance to a particular religious faith. MEDITATION quite simply is GOOD FOR YOU... healthwise... and if it helps one along his/her spiritual path all the better... But this book is more about getting the health benefits & finding a simple PRACTICE that one will keep doing...even if it appears one is getting NOWHERE at first. For what LeShan is attempting to do.... NO ONE HAS DONE IT BETTER! One of his quotes I have always remembered: In reference to famous spiritual leaders and mystics... he comments simply... "THEY WERE GOOD PEOPLE TO SHARE THE PLANET WITH"... that's something to think about when we evaluate success & achievement in the long run.

My wife and I were both beginning Transcendental Meditators when we came across LeShan's book. It gave us a new perspective on what meditation is supposed to do, and provided some other options beyond what we were familiar with. Both of us still do TM but we work in other techniques from time to time. Our daughter is now 17 and feeling some pre-college stress at school. So, when she asked us about stress-reduction, and we couldn't find our old copy of LeShan, we bought her a new copy for herself. She has been reading it, and--in the few hours when we are all at home at the same time--we meditate together with her. I have suggested LeShan to many of my university colleagues, along with the first book by Eckhart Tolle. Both are highly recommended: easy to read and very practical.

This has served me well as an introductory guide to meditation. It covers the basic schools of thought and is comprehensive. Leshan shows how meditation is good in general and is a good complimentary practice toward experiencing several types of benefits. This is a useful reference book as well. You can refer to it regarding the major practices and over time figure out which is best for you.

I cannot say enough about this publication as it is a classic and both well written and researched. While I have a copy in my personal library, I wanted to gift a person with this. She has since commented about it positively. I work in the ministerial field dealing with death and dying. This book has been of particular benefit to helping me in my work. There are so many types of these books now a days most of which are about a certain technique. Various websites are also the same. This book covers the complete field quite well and does not promote any technique over another. More material of this nature needs to be made available.

I got this book for someone else. I had read this many years ago. I started reading it again and almost didn't want to give the book to the person I got it for.

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