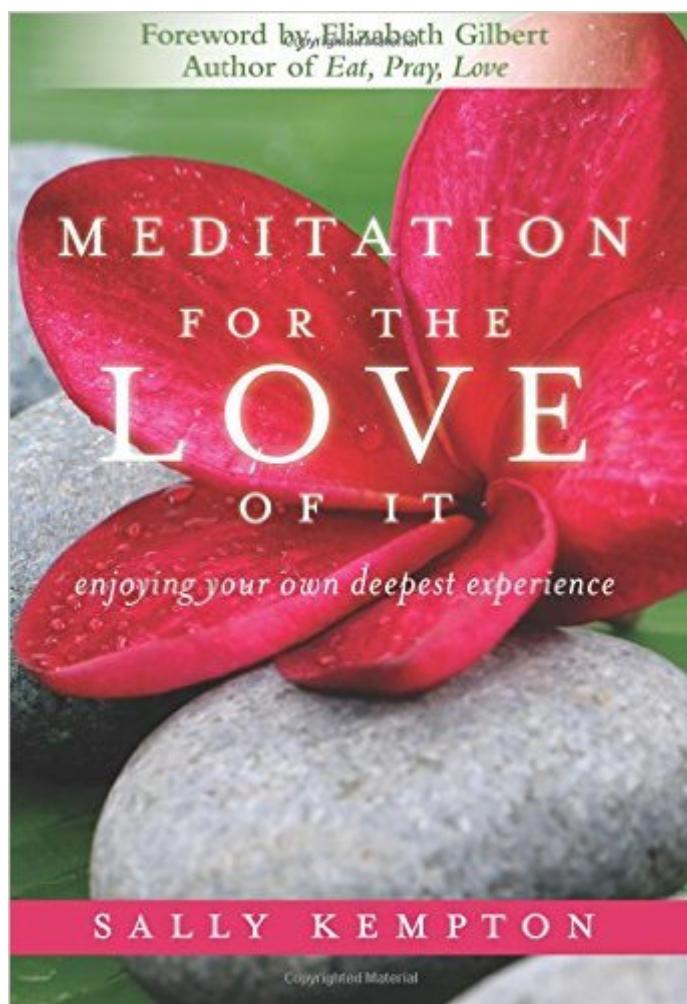


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# Meditation For The Love Of It: Enjoying Your Own Deepest Experience



## Synopsis

Meditation is like a love affair with your innermost self. At times it can be ecstatic and entrancing, other times simple and stillâ "and sometimes you might not even feel its profound effects until later. Now withÂ Meditation for the Love of It,Â Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experienceâ "on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the nuances of practice, she opens us to the joy of exploring the deep and mysterious inner landscape of the heart, mind, and body. Drawing on her 40 years as a teacher and a fellow meditator, Sally teaches us how we can connect to our inner longings and creative â œshaktiâ • energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotionâ "two key attitudes in sustaining a daily practiceâ "she shares indispensable guidance for this voyage of self-discovery, including:How to tune in to your own â œmeditation channel,â • a bandwidth of tranquillity, energy, and joyWhy you donâ ™t need a quiet mind to meditateHow the force known as Kundalini can fuel your practiceConnecting to your ever-present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forthRipening your practice beyond technique into the â œsweet mysterious expanse of spontaneous meditationâ •More than 20 practices for bringing the peace and insight of meditation into your daily life â œRemember: what you seek in meditation is your own Beloved, your own inner intelligence, your own Awareness, and your own Truth,â • teaches Sally.Â Meditation for the Love of ItÂ points us back to our own intimate heart of hearts, our own deepest experience, and the bliss of existence itself.

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- Epilogue:Â Let the Inner Dance UnfoldPraise â œThis is the classic wisdom of the East, cast in a very personal and accessible form.Â It is authoritative and inspiring and will make you want to meditate for the highest reasons and in the most effective ways.â • â "Andrew Weil, MD, author of Spontaneous Healing and Meditation for Optimum Health â œA thoughtful, intuitive, and

uncommonly well-written book, which can only be welcomed be all who follow the way of meditation. "Peter Matthiessen, author of *The Snow Leopard* "Sally Kempton is one of the great realized teachers on the meditation path, whose Integral understanding of life merges seamlessly with her mastery of meditation. She is a guide for our time. "Ken Wilber, author of *A Brief History of Everything* "Love this book! I'm grateful to Sally for this how-to guide to the soul and am excited to deepen my own experience of meditation through her inspiration and guidance. "Seane Corne, international yoga teacher and activist, cofounder of *Off the Mat, Into the World*

## Book Information

Paperback: 392 pages

Publisher: Sounds True; 1 edition (January 1, 2011)

Language: English

ISBN-10: 1604070811

ISBN-13: 978-1604070811

Product Dimensions: 1 x 6 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars (See all reviews) (77 customer reviews)

Best Sellers Rank: #114,890 in Books (See Top 100 in Books) #263 in Books > Religion & Spirituality > Hinduism #876 in Books > Health, Fitness & Dieting > Alternative Medicine > Meditation #4446 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

"This is the classic wisdom of the East, cast in a very personal and accessible form. It is authoritative and inspiring and will make you want to meditate for the highest reasons and in the most effective ways." "Andrew Weil, MD, author of *Spontaneous Healing* and *Meditation for Optimum Health* "A thoughtful, intuitive, and uncommonly well-written book, which can only be welcomed be all who follow the way of meditation." "Peter Matthiessen, author of *The Snow Leopard* "Sally Kempton is one of the great realized teachers on the meditation path, whose Integral understanding of life merges seamlessly with her mastery of meditation. She is a guide for our time." "Ken Wilber, author of *A Brief History of Everything* "Love this book! I'm grateful to Sally for this how-to guide to the soul and am excited to deepen my own experience of meditation through her inspiration and guidance." "Seane Corne, international yoga teacher and activist, cofounder of *Off the Mat, Into the World*

Sally Kempton is known both for her ability to lead students into deep states of meditation, and for her gift of making yogic wisdom applicable to daily life. She has spent over 40 years practicing, studying, and teaching meditation and spiritual philosophy. A former swami, or monk, she lived and studied for many years with enlightened Indian masters, and received training in the Kashmir Shaivism tradition. She writes "Wisdom," a regular column for Yoga Journal, and teaches workshops and retreats in the United States and Europe.

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