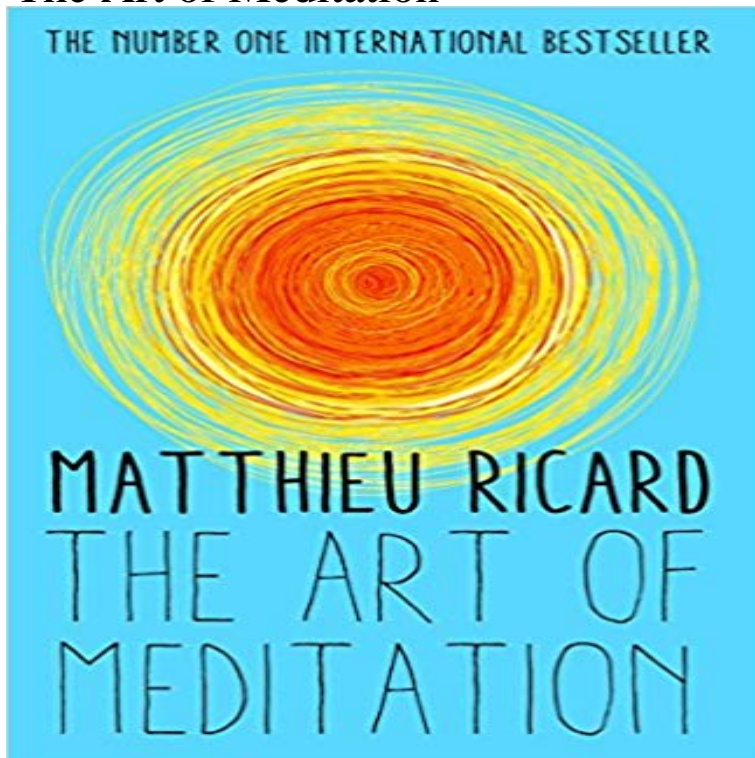


The Art of Meditation



Wherever he goes, Buddhist monk Matthieu Ricard is asked to explain what meditation is, how it is done and what it can achieve. In this authoritative and inspiring book, he sets out to answer these questions. Matthieu Ricard shows that practising meditation can change our understanding of ourselves and the world around us. He talks us through its theory, spirituality and practical aspects of deep contemplation and illustrates each stage of his teaching with examples. Through his experience as a monk, his close reading of sacred texts and his deep knowledge of the Buddhist masters, Matthieu Ricard reveals the significant benefits that meditation - based on selfless love and compassion - can bring to each of us.

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