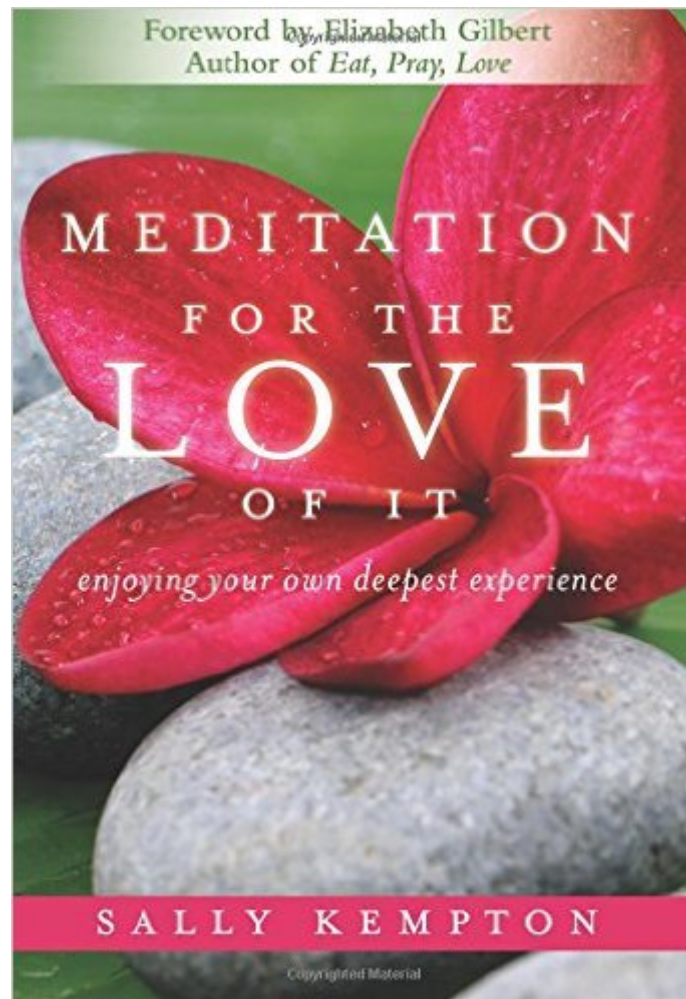


The book was found

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 still—and sometimes you might not even feel its profound effects until later. Now with *Meditation for the Love of It*, Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experience—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 *âœshakti*—energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion—two key attitudes in sustaining a daily practice—she shares indispensable guidance for this voyage of self-discovery, including:

- How to tune in to your own *âœmeditation channel*,—a bandwidth of tranquillity, energy, and joy
- Why you don't need a quiet mind to meditate
- How the force known as Kundalini can fuel your practice
- Connecting to your ever-present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forth
- Ripening your practice beyond technique into the *âœsweet mysterious expanse of spontaneous meditation*—
- More than 20 practices for bringing the peace and insight of meditation into your daily life
- âœRemember: what you seek in meditation is your own Beloved, your own inner intelligence, your own Awareness, and your own Truth,*—teaches Sally.

Meditation for the Love of It points us back to our own intimate heart of hearts, our own deepest experience, and the bliss of existence itself.

Contents

Introduction: *âœAwakening to Meditation*

Chapter One: *âœThe Lure of Meditation*

Chapter Two: *âœHow Do We Experience the Inner Self?*

Chapter Three: *âœPreparing for Practice*

Chapter Four: *Choosing the Right Doorway*

Chapter Five: *âœMoving Inward:âœ The Practice of Oneness*

Chapter Six: *âœWorking with the Mind, Part I: Navigating the Thought-Stream*

Chapter Seven: *âœWorking with the Mind, Part II: Liberating Your Thoughts*

Chapter Eight: *âœLetting the Shakti Land*

Chapter Nine: *âœWhere Do You Find Yourself?âœ âœ A Road Map to the Meditation Journey*

Chapter Ten: *âœComing Out of Meditation:âœ Contemplation, Recollection, and Journal Writing*

Chapter Eleven: *âœThe Daily Life of a Meditator:âœ Holding Inner Attention*

Chapter Twelve: *âœThe Three-Week Breakthrough Program*

Chapter Thirteen: *âœThe Process of Ripening*

Epilogue: *âœLet the Inner Dance Unfold*

Praise *âœThis is the classic wisdom of the East, cast in a very personal and accessible form.âœ It is authoritative and inspiring and will make you want to meditate for the highest reasons and in the most effective ways.âœ*—Andrew Weil, MD, author of *Spontaneous Healing* and *Meditation for Optimum Health* *âœA thoughtful, intuitive, and*

uncommonly well-written book, which can only be welcomed by 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 by 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.

[Download to continue reading...](#)

Meditation for the Love of It: Enjoying Your Own Deepest Experience Meditation: The Meditation Beginner's Bible: How to Relieve Stress, Find Inner Peace and Live Happier (meditation for beginners, zen, energy healing, spiritual ... meditation books, meditation techniques) Meditation: Meditation for Beginners - How to Relieve Stress, Depression & Anxiety to Get Inner Peace and Happiness (Yoga, Mindfulness, Guided Meditation, Meditation Techniques, How to Meditate) Tropical Gangsters: One Man's Experience With Development And Decadence In Deepest Africa Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) Homesteading for Beginners: Self-sufficiency guide, Grow your own food, Repair your own home, Raising Livestock and Generating your own Energy (Homesteading, ... The Backyard Goat: An Introductory Guide to Keeping and Enjoying Pet Goats, from Feeding and Housing to Making Your Own Cheese Soul Mates & Twin Flames: Discover a Timeless Love, Fulfill Your Soul's Purpose, and Experience a Higher Level of Love (Soul Mates, Twin Flames, Karmic ... Spirits, Endless Love, Spiritual Partner) Dear Lover: A Woman's Guide To Men, Sex, And Love's Deepest Bliss Start Your Own Corporation: Why the Rich Own Their Own Companies and Everyone Else Works for Them (Rich Dad Advisors) Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) MAGICK: For Beginners! Spells & Rituals To Attain Abundance, Wealth, Health, Happiness & Your Deepest Desires! (Magick Spells, Witchcraft, Book Of Shadows, New Age) The 21-Day Consciousness Cleanse: A Breakthrough Program for Connecting with Your Soul's Deepest Purpose Train Your Brain to Learn Astral Projection, Safe Out-of-Body Experience with Hypnosis and Meditation Step By Step To Your Own Domain And Webhosting: Tips and tricks for registering your own domain name and connecting it with your webhosting provider (Step By

Step Booklets Book 1) Homesteading for Beginners: How to Grow Your Own Food, Raise Livestock, Repair Your Home Yourself and Generate Your Own Power Sex Positions You Never Thought Possible: The Creators of the Liberator Wedge Show You the Secrets of Angles and Inclinations for the Deepest, Most Orgasmic Sex Ever EROTICA: DEEPEST PLEASURES (15 STORY SEX BUNDLE), CHEATING WIVES, BISEXUL, INNOCENT, GANGS, DADDY STORIES The Council of Light: Divine Transmissions for Manifesting the Deepest Desires of the Soul

[Dmca](#)