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Buddhist Meditations for People on the Go

Gill Farrer-Halls

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Buddhist Meditations for People on the Go Gill Farrer-Halls
Buddhist Meditations for People on the Go shows readers how insights gained in meditation can be applied to their busy everyday lives. The book invites readers to take their meditation "off the cushion" and out into the everyday world. Each chapter presents a traditional Buddhist meditation topic and expands it with thought-provoking stories, both traditional and contemporary, and with practical exercises designed to help people gain a direct, experiential understanding of the central teachings of the Buddha. The order of chapters loosely follows the traditional "stages of the path," a sequence of meditation themes designed to take meditators from a consideration of the dissatisfactions inherent in their current situation to the joyful effort that keeps them on the path toward true happiness. By following the suggestions in this book, readers will discover that even the most materialistic aspects of popular culture - including movies and songs or a visit to the supermarket - can be transformed into a chance to experience the transformative power of the Buddha's message.

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