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Meditation as Contemplative Inquiry: When Knowing Becomes Love

Arthur Zajonc

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When we turn to meditation, we are turning toward renewal, peace, and insight. Initially, we may take up contemplative practice as a means of tapping into the abundant resources of the mind and heart that bring serenity, but the meditative journey leads further?to the place where wisdom and love unite.

In *Meditation as Contemplative Inquiry,* Arthur Zajonc offers an overview of the meditative life, weaving practical instruction together with the guidance and inspiration of the world's great teachers, from Rudolf Steiner to Rumi, and from Goethe to the sages of Asia.

Zajonc reminds us that an ethic of humility grounds all practice, and that care of the soul is the basis for sound spiritual reflection and understanding. The author carefully describes each stage of the path and includes many recommended practices.

Meditation as Contemplative Inquiry is the fruit of many years of personal practice and teaching. Arthur Zajonc developed his orientation toward meditation through working with hundreds of university students and professors, as well as with contemplative groups in the U.S., Europe, and Australia.

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