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It’s one thing to start a meditation practice, but much harder to sustain it—and harder still, once we have finished morning meditation, to keep a calm mind in our media-saturated, time pressured world.

A master teacher who is as entertaining as he is authoritative, Easwaran gives all the instruction needed to establish a vibrant meditation practice and keep it going. His classic manual on meditation and spiritual living has now been extended by over thirty percent with new material from question and answer sessions with his students, and offers a unique source of practical spiritual support for new and experienced meditators.

In passage meditation, you focus attention on passages, or texts, drawn from all the world’s sacred traditions. You choose the passages that appeal to you, so this universal method stays fresh and inspiring, prompting you to live out your highest ideals.

Meditation is supported by the mantram and six other spiritual tools to help us stay calm, kind, and focused throughout the day. This book shows how, with regular practice, we gain wisdom and vitality, and find a life that fulfills.

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