



Getting to Where You Are: The Life of Meditation

By Steven Harrison

New Age Books/Motilal Banarsidass Publishers Pvt. Ltd, New Delhi, India, 2005. Paperback. Book Condition: New. First Indian Edition. The book offers freedom from the burden of structured rules and the i dictates of spiritual teachers, allowing us to turn our attention to the i nature of awareness itself and its expression in our day-to-day lives. Harrison offers exquisitely simple and profound insights that show how i meditation is our natural state of existence: we need only do less, not i more, in order to reap its benefits. Through an unfolding of provocative i questions and unexpected wisdom, Getting to Where You Are speaks both to i those coming to meditation for the first time and to long-time i practitioners. This is a book for all who care deeply about exploring and i expanding their meditation, and their lives. Printed Pages: 220. Size: 14 Cms x 22 Cms.



Reviews

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