



Meditation for the Love of It: Enjoying Your Own Deepest Experience

Sally Kempton

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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 "shakti" 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 "meditation 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 "sweet mysterious expanse of spontaneous meditation"

More than 20 practices for bringing the peace and insight of meditation into your daily life

"Remember: 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.

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Epilogue: Let the Inner Dance Unfold

Praise

"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

Meditation for the Love of It: Enjoying Your Own Deepest Experience Details

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From Reader Review Meditation for the Love of It: Enjoying Your Own Deepest Experience for online ebook

Marshall says

A book about tips for meditating in the Kashmir Shaivism tradition. I didn't expect this book to be so specific to this tradition, but it was interesting to read for that reason. I never understood yogic philosophy, and this book helped me make sense of it. But it also turned me off to it, and in some ways, confused me even more. Reading this book felt a little like a book on witchcraft I read a couple years back. Part of me was astonished that people actually believe this stuff, while part of me felt like it would make perfect sense if I had a certain perspective and a whole lot of imagination.

It liberally uses words that make no sense to me--even after it's explained--like kundalini, chakra, prana, and shakti. It also redefines several common English words by capitalizing them, to give them a whole different, I guess more spiritual, meaning, like Consciousness, Awareness, and Self. These redefinitions, too, I don't really understand. I'm sure they make sense and seem very real to some people, but I'm skeptical that their experiences are genuine. Until someone can show me a chakra on an x-ray, for example, I'm going to assume it's simply a useful metaphor for tuning into various parts of the body.

I was hoping this book would help me enjoy meditation more, but it didn't. If nothing else, it stirred some doubts that it's even right for me, definitely not the intended effect of this book. I've never experienced anything remotely transcendental when I meditated, and that's not really my goal in meditation, so this book makes me wonder if having such experiences is the only way to enjoy meditating like this book emphasizes.

Sherry says

I loved this book and would highly recommend it to those who wish to deepen their practice. It should be noted though that this is not a book on Buddhist meditation but follows the Shaivism tradition which I found to be more spiritually based. If you prefer a more zen approach and are uncomfortable with bringing spirituality into your practice, this may not be for you.

Kirsten says

I will definitely buy this book. It is great to have handy as a manual for meditation practice. Sally Kempton does a fantastic job of putting into words things that are difficult to explain. I love the instructional three week plan towards the end that outlines what to do to help get you started.

Tina says

I could read this book over and over and over again. Now I need to just do it!

"Meditate on your own Self, the one who is always there for you, the one who contains you in its stillness,

the one who is always meditating on you."

YogaShelf says

Meditation for the Love of It is a spiritual trove of information. This book is suited for both the newbie or the experienced meditator. Sally's book will help you establish your new practice or deepen your existing practice. A well-known spiritual teacher, Sally has 40 years experience in meditation.

Reasons to put Meditation for the Love of It on your bookshelf:

1. Trouble-shooting guide: I didn't expect to find a trouble-shooter in this book. What an awesome idea. The guide discusses many issues. - How to not fall asleep during meditation. - How to sink in deeper. - How to combat the fear that may come up.
2. Retreat: Sally lays out a 3-week program.... [read full review at [http://www.yogashelf.com/book-review-...\]](http://www.yogashelf.com/book-review-...)

Oaktreeyoga Recommended says

A brilliant book about meditation from a great teacher. Sally Kempton wears her great expertise very lightly and writes about her own experiences as well as those of her students.

In this book Sally describes techniques to help you to deepen your meditation practice, problems/hurdles/blocks that you might encounter along the way, as well as explaining the beautiful depths of meditation and the feelings of deep calm, peace, love that you will find there.

Not at all intimidating, this is a brilliant book for beginner meditators and experienced yogis alike.

This book has helped me to deepen my own practice and to be more open to the truth of my own experience.

Robin Ripley says

Perhaps I will reread this book when I become a more experience meditator. For now, I had a difficult time relating to much of the dreamlike meditation experiences the author described from her own meditation practice. My practice doesn't even come close to all the light, love and joy she manages to tap into.

I did, however, very much like the exercises to help explore the different ways to meditate and deepen the practice.

James says

Sixteenth-century Spanish mystic San Juan de La Cruz wrote extensively of the Dark Night of the Soul, of

the spiritual obscurity that can precede awakening in the dawn, enfolded in the embrace of the Beloved. For this reason, he came to be known as The Spiritual Doctor. He diagnosed and prescribed remedies for so many situations that can deter seekers from spiritual life.

In the Tantric tradition of Kashmir Shaivism, darkness is no impediment to spiritual awakening. Just as Wordsworth proclaimed that poetry is emotion recollected in tranquility, the great Kashmir Shaivist Abhinavagupta described a deep inner peace that underlies every emotion, and thus every experience. He called this 'shanta rasa,' or the essential peacefulness at the core of every emotion, whether experienced in drama, in poetry, in music, or in life.

It is no wonder then, that in Kashmir Shaivism, contemplation of the ebony darkness of a moonless monsoon night is one of the many ways of transcending the world.

Immersed in this unflinching Tantric aptitude for embracing any and every human emotion, which all are but thin veils simultaneously concealing and revealing spiritual essence, Sally Kempton, a seasoned voyager in these realms, takes on any and every obstacle to meditation that can arise, revealing each as a divinely given invitation to discover what beckons just beyond.

She illuminates these matters with thoroughness, authenticity, authority, and love.

Michael Kaplan says

If you have any inclination you might want to give meditation this excellent book explains that while meditation is a 'serious' practice it is easy to understand why you should pledge to do it, not to be trendy, BUT why it's so beneficial to your mental/physical health and its only cost is your dedication to do it. As a famous philosopher recently said, "DO OR DONOT THERE IS NO TRY" Yoda.

The most amazing thing about Buddhism is that it is clear, uncomplicated teachings which will improve your mental/physical well being. It is not a religion but a way to walk the path to happiness.

Kim H. says

A good guide to meditation with lots of detailed information about and from the Eastern religious traditions. Quite a lot of Sanskrit references, some of which the author assumes you may know already. I like the inclusion of yoga teachings, although it adds to the layers of meditation information which some readers may find confusing.

Sibby says

This is a book I bought for myself with some birthday money, as I had completed a meditation workshop led by Sally Kempton. Her insights in the workshop led me to get this book. I am looking forward to reading it, it is next in the queue after the Red Garden.

Gosh, I have read this, ages ago, and have passed it on to several friends since.

Love, love LOVED this journey. So inspiring!

I'm sure it has provided some of the inspiration to finally go after my yoga teacher training, which starts next month! Wee!

Hrönn says

A fantastic book about meditation from a great teacher. Sally Kempton wears her great expertise very lightly and writes about her own experiences as well as those of her students.

In this book Sally describes techniques to help you to deepen your meditation practice, problems/hurdles/blocks that you might encounter along the way, as well as explaining the beautiful depths of meditation and the feelings of deep calm, peace, love that you will find there.

This book is a continuous resource for how to develop a strong relationship with your meditation practice and it has helped me to deepen my own practice as well as to be more open to the truth of my own experience

Not at all intimidating, this is a brilliant book for beginner meditators and experienced yogis alike.

Eva says

The book offers a couple of useful practical guidelines on how to meditate, but I find Kempton's approach a little too religious which might be a turn-off for people with a mere secular interest in meditation and the book will probably leave them more confused than enlightened. Definitely not recommended for meditation newbies or anyone bothered by superficial, new-agey lingo.

Abby says

If you don't love meditation already, Kempton will convince you otherwise. Openhearted, funny, and genuine, Kempton approaches developing a personal meditation practice with great understanding for the challenges and frustrations ... and wonderful rewards that come with it. Sometimes I found her approach a little **too** religious, but it wasn't heavy-handed enough to turn me off. (I prefer my meditation and yoga to be God-lite.) What I loved the most was her breakdown of the different types of meditation: breath, sound, awareness, etc... For each she outlines a practice that's easy to do at home on your own, and explains when, why and how each practice works best.

I would strongly recommend this book to anyone who's just started a meditation practice or would like to come back to sitting after some time away.

Petra says

Za mene je ovo prereligijski i prefilozofski pristup tumačenja meditacije. Nisam uspjela doći do kraja, jednostavno me odbija.
