



Meditation: An In-Depth Guide

Ian Gawler , Paul Bedson

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Meditation is increasingly recommended for relaxation, for enhancing relationships and well-being, to increase performance in sports and business, for personal growth, and to assist healing. Introducing mindfulness-based stillness meditation, Ian Gawler and Paul Bedson explain how to build a daily meditation practice. The authors also show how meditation can be used to work with our emotions, aid healing, manage pain, or as a spiritual practice.

Meditation is a path we can pursue and refine throughout our lives. Drawing on modern science as well as ancient Eastern traditions and the authors' own extensive personal experience as practitioners and teachers, this guide offers the techniques and understanding needed to explore meditation practice deeply. It is also an invaluable resource for meditation teachers from all background.

Meditation: An In-Depth Guide Details

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Svetlana says

Overall it's a good book, but in some places it wasn't good. What I liked was the exercises and select chapters because they gave ideas on how to improve my meditation practice. The examples used, though, were a bit too personal to the person who the example was focusing on and, therefore, gave a too touchy feeling. It was repetitive in some places.

Cassandra Kay Silva says

This was a nice book and went through a lot of exercises to help various people relate to/experience meditation for themselves. I just felt like the approach was a little too "touchy feely" for me. It was very repetitive in some areas and a little too new age-ish for my tastes. But I was interested in meditation for pain and healing and this book had a number of pointers for this that I found helpful. I especially enjoyed the light/ball exercise.

Tyson Titensor says

I am now six weeks into a daily meditation practice and used this book as a guide as I was getting started. This book may be more detailed than I needed as a total beginner but it was a good resource. I anticipate re-reading sections of this in the future as I continue to develop my meditation practice.

Also, if Goodreads offered a star-rating system for activities I would give daily meditation one million stars. After six weeks it has had a profound impact on my life.

Dramatica Darmody says

It's a good book but I feel like a lot of it was retreading the same information.

Justin Dove says

I think this is a very thorough introduction to meditation. However, as is stated at the beginning of the book, the concepts are a little harder to grasp strictly from reading. In addition, knowing kind of "what's out there" can inadvertently create in your mind "signposts" to reach for, which may result in dissatisfaction if you're not reaching those markers as you think you should.

I think the bright points are that it doesn't dwell in a particular religion or doctrine, but aims to teach the benefits of regular meditation even though the book does sometimes read as a brochure trying to sell you

something (i.e., Mary came to us hurting, but after 5 weeks ...).

I would recommend this book as a complimentary guide for those who are already seeking meditative guidance.

Barbara says

A very easy to follow book about many different types of meditation used all over the world. Gives step by step instructions as to how to advance yourself further. I had borrowed this book from my local library, but will now purchase my own copy! An invaluable book!!

Greg says

This book is an easy-to-follow guide on how to perform mindfulness-based stillness meditation (MBSM). Part I includes all the necessary preparation work before learning MBSM [relaxation exercises, mindfulness exercises (of breath, body, emotions), stillness exercises] and concludes with a script for MBSM itself. Part II includes other uses for meditation, including healing, pain management, contemplation, and spirituality. In addition to the scripts and lengths for each exercise, the authors share success stories and insight into these practices. I haven't even mentioned the personal stories each author provides at the beginning of the book, nor the short history of meditation that precedes them.

For a complete history of meditation or a scientific treaty on its benefits, look elsewhere. For a book that includes the whole gamut of meditative practices, this book is not for you. But if you'd like to try meditating and can set aside 20 minutes each day to do the exercises listed, this book will calm you, teach you, and transform you.

Sandra says

I have studied meditation for years and have read many books. Any book about meditation is going to be vague, considering the subject matter. However, this book is unique. It actually gives the reader a clear step-by-step process to meditation. Written in clear and concise language, it is very easy to follow.

Written by two very qualified experts, Ian Gower and Paul Bedson, this book speaks from their real searches for and a true experience of meditation. Both men were seeking peace and fulfillment. This search led both men to a practice of meditation and an exploration into how to best achieve it.

This book is unusual. The usual approach to meditation is rather vague, as the way to achieve it is vague and different for each person. Gower's and Bedson's method, the Mindfulness-Based Stillness Meditation, is based, as the name suggests, on mindfulness. This is nothing new, but, in this book, they give step-by-step directions to achieve this. When I say step-by-step, I mean it. Literally every single step is described intensely. They have broken down the meditation into four main steps: preparation, relaxation, mindfulness, and stillness. This method is not a different way to meditate, it just provides a more exact method that allows beginners to learn how to meditate effectively.

One section that I found particularly useful is their chapter on mindfulness of emotions. In this chapter, they show an effective and healthy way to handle the emotions. It is a method that leads to self-love, self-confidence, and spiritual maturity.

There is still so much I can say about the usefulness of this book. In short, this is THE BOOK that you need if you wish to learn effective meditation.

Carina says

An in depth guide on meditation. If you choose one book to dig deeply into meditation this is a great choice.

Leila Hanaumi says

EDIT: After I read this book, I did some research on Ian Gawler and found that there has been criticism on his claim that meditation cured his cancer. I realized that by recommending this book, I was advocating his message that people could meditate their cancer away, which I don't believe. Not only that, I also realized that what I loved most about this book was the act of meditating itself. So, I looked around and found this book intriguing- The Miracle of Mindfulness: An Introduction to the Practice of Meditation by Thích Nhất Hạnh. The author is a Vietnamese monk, teacher, author, poet and peace activist. You can't get any more credible than that, so I'm going to give this book a try. Changed rating from 5 to 3.

This book somehow found its way to my bookshelf and I'm glad it did. It quite literally transformed my life. A few months ago, I started a new morning routine where the first thing I'd do after getting up was make hot tea and sip it while reading this book. More often than not, I'd do a meditation exercise as instructed in the book and then I'd do some yoga. After that, I wouldn't even need coffee until the afternoon! It wasn't an Earth-shattering transformation, but its dose of daily uplift resulted in me feeling more balanced mentally, emotionally, and all around.

This morning, I finally reached the end of this book. Tomorrow, I plan on starting over. Granted, I'd get through this book a lot quicker this time as I'd skip the introductions and explanations and head straight to the meditation exercises. I'm hoping to make some of these exercises a lifelong practice. Ian Gawler and Paul Bedson gently guided me through different types of meditation approaches and introduced spirituality concepts so clearly that I now understand how critical meditation is to our well-being. My absolute favorite thing about this book is the analogies. One for instance-- your mind is like the sky, your thoughts the clouds. When you overthink, feel distracted, or are overwhelmed, it's like the clouds are obscuring the sky. Meditation helps to clear up those clouds and you will be able to feel the stillness of the sky that was always there. Then you will have clarity. This may seem simple, but Gawler and Bedson have a way of making profound connections with their analogies.

One thing I will say is that Gawler and Bedson can be repetitive throughout the book and it does draw a lot from religion, most especially Christianity. It didn't bother me, because it was more of application to religions than actually preaching from the religious beliefs. I used to pick an extra hour of sleep over self-care, but this book has changed that. I look forward to my morning rituals now and I feel the difference, approximately 4 months after picking up this book and divulging into it. I recommend this book to anyone

looking to enhance the quality of their lives and to bring clarity to the mind. Just be sure to actually do the exercises!

Valentina says

Cool book! Loved it!!!

Paige says

These guys can be a little long-winded at times and I do think some of the things they say and some of the exercises that are helpful would be more accessible if they stood out a little more. Overall though, it's got great suggestions, and even though I've already been doing meditation for a while, they have all kinds of suggestions, reassurances, and things to get you motivated. Expanded my view of meditation :)

Vladimir says

If you disregard the occasional wild claim scattered here and there, it's a pretty decent introduction to meditation, with straightforward instructions and elements of CBT, enough to give you an idea of how the mind works.
