

MEDITATION

Adiswarananda, Swami, *Meditation & Its Practices: A Definitive Guide to Techniques and Traditions of Meditation in Yoga and Vedanta*, c2003, 472 pages.

This comprehensive sourcebook examines the scientific, psychological, and spiritual properties of Yoga and Vedanta, Hinduism's two mainstream meditation practices, explaining how these teachings can enrich our daily lives.

H294.7 Adi MP

Bayda, Ezra, *Being Zen: Bringing Meditation to Life*, 2002, 142 pages.

Practical advice for cultivating the qualities of mind and heart that contribute to our awakening in daily life and to developing the willingness to be present in every moment.

B294.73 Bay BZ

Bloomfield, Harold H., *Transcendental Meditation: Discovering Inner Energy and Overcoming Stress*, 1975, 290 pages.

The technique of transcendental meditation facilitates a natural tendency towards the development of consciousness through deep rest and increased awareness, improving psychological health and recovery from stress.

242 Blo TM

Bryan, David Burton, *A Western Way of Meditation: The Rosary Revisited*, c1991, 184 pages.

Rosary meditation is a mix of several ancient techniques with pre-Christian antecedents that ranks with other great meditative pathways. The author looks at the significance of prayers and the mysteries of the rosary.

242 Bry WWM

Carrington, Patricia, *Freedom in Meditation*, 1977, 384 pages.

The author, a clinical psychologist, combines scientific research with psychology and her personal experience in meditation, to critically examine the subject and offer a set of guidelines for enriching the modern meditative experience.

242 Car FM

Chah, Achaan, *Meditation: A Collection of Talks on Cultivating the Mind*, 2007, 151 pages.

A collection of talks by this renowned Thai Forest Tradition teacher that addresses the topics of tranquility meditation and insight meditation.

242 Cha M

Cianciosi, John, *The Meditative Path: A Gentle Way to Awareness, Concentration, and Serenity*, 2001, 267 pages.

Meditation is not a goal for monks and nuns alone, but is available to anyone who sincerely undertakes to follow the path of awakening. The author offers a comprehensive introduction to the practice of meditation for the serious beginner, sharing the simple and immediate practices carried out by the Venerable Ajahn Chah.

242 Cia MP

Cleary, Thomas F., *Minding Mind: A Course in Basic Meditation*, 1995, 129 pages.

A collection of traditional texts by renowned teachers from various schools in China, Japan, and Korea, including subjects such as improving concentration, correcting problems with meditation practice, differences between methods of gradual and sudden enlightenment, and using the practice of koans.

B294.7 Cle MM

Codd, Clara, *Meditation: Its Practice and Results*, c1930, 94 pages.

A mystical and practical approach to meditation offering not only the technique but also the preparation that needs to be established in our daily life. It discusses such topics as the goal of meditation, its procedure, obstacles encountered, and results of the practice.

T C648 MPR (Mini)

Cooper, David A., *Three Gates to Meditation Practice: A Personal Journey into Sufism, Buddhism, and Judaism*, c2000, 207 pages.

Similarities among different traditions as well as the unique offering of each spiritual discipline, is conveyed in a rich selection of meditative insights into each of their techniques, foundations of practice, and goals.

242 Coo TGMP

Corless, Roger, *The Art of Christian Alchemy: Transfiguring the Ordinary through Holistic Meditation*, c1981, 118 pages.

Corless presents the spiritual life as a “transfiguration” of the ordinary. Through prayer, meditation, and ascetical practices we can take the ordinary stuff of life and change it into something noble.

242 Cor ACA

Dalai Lama XIV, *Dzogchen: The Heart Essence of the Great Perfection*, c2000, 271 pages.

The essence of Dzogchen practice is explained including answers to questions such as why it is called “the pinnacle of all vehicles”, what are its special features, and what the crucial principles are of other Buddhist paths which a Dzogchen practitioner should know.

T294.3 Dal-XIV D

Dalai Lama XIV, *The Gelug/Kagyü Tradition of Mahamudra*, 1997, 395 pages.

The Dalai Lama comments on two texts by the First Panchen Lama, offering practical instruction in mahamudra meditation with extensive teachings about both the conventional and ultimate natures of the mind and the sutra and tantra levels of mahamudra.

T294.3 Dal-XIV GKTM

Gardner, Adelaide, *Meditation: A Practical Study with Exercises*, 1968, 116 pages.

In a comfortable and easy approach, this guide focuses on the naturalness of the meditative state of consciousness and its usefulness. Practical exercises are included to guide us through proper meditative procedures.

T G171 MPS

Glickman, Marshall, *Beyond the Breath: Extraordinary Mindfulness through Whole-Body Vipassana Meditation*, 2002, 224 pages.

A sensation-based meditation (which is believed to be the way the Buddha himself meditated) is presented in the context of the Buddha's essential teachings and leads us toward a life-changing discipline.

B294.71 Gli BB

Goleman, Daniel, *The Meditative Mind: The Varieties of Meditative Experience*, c1988, 214 pages.

A wide range of paths towards spiritual transformation are described: Hindu, Buddhist, Sufi, Jewish, Christian, Transcendental meditation, Tantric, Kundalini Yoga, Tibetan Buddhism, Zen, and those developed by Gurdjieff and Krishnamurti.

242 Gol MM

Govinda, Anagarika Brahmachari, *Creative Meditation and Multi-Dimensional Consciousness*, 1976, 294 pages.

This is not a book that teaches the basic techniques of meditation but one that explores the theory behind the elements in Vajrayana meditation including visualizations, gestures, colors, mandalas, mantras, and various contemplative thoughts.

242 Gov CM

Hanson, Virginia, *Approaches to Meditation*, 1973, 147 pages.

A collection of essays about different approaches to meditation in different traditions such as the Theosophical, Hindu, Buddhist and Christian, written by renowned Theosophical and Buddhist teachers.

T H198 AM

Hao Chin, Vicente, *Why Meditate?* 1985, 55 pages.

What is the true purpose and nature of the practice of meditation? This book helps the reader choose a particular technique suitable to his/her personal disposition.

242 Hao WM

Hao Chin, Vicente, *Self-Discovery through Meditation*, 1974, 103 pages.

A collection of papers in which nine authors and lecturers explain in clear language the objectives and function of meditation. This book contains preparatory techniques and guidelines for the practice of meditation.

242 Hao SDM

Humphreys, Christmas, *Concentration and Meditation: A Manual of Mind Development*, 1987, 243 pages.

A practical, common-sense guide that begins with a methodical process for the development of the mind through concentration, and then explains how to achieve deeper, spiritual development through meditation and contemplation.

242 Hum CM 1987

Judy, Dwight H, *Christian Meditation and Inner Healing*, 1991, 143 pages.

Exploring different meditations from various Christian traditions, the author combines transpersonal psychology with Christian theology and mysticism, to bring about psychological health and spiritual awakening.

248.34 Jud CMIH

Kaplan, Aryeh, *Jewish Meditation*, 1985, 165 pages.

A step-by-step introduction to meditation and the Jewish practice of meditation in particular. This practical guide covers such topics as mantra meditation, contemplation, and visualization within a Jewish context.

296.72 Kap JM

Kelsey, Morton T, *The Other Side of Silence: A Guide to Christian Meditation*, c1976, 314 pages.

A practical manual explaining the rationale and technique of Christian meditation for those who would like to try out this powerful and unique method of meditation in general use in the days when Christianity was most alive and creative.

248.34 Kel OSS

Lingerman, Hal A., *Life Streams: Journeys into Meditation and Music*, 1988, 339 pages.

This book offers a meditation for each day on a different theme, with a passage from some of the greatest souls in history with a selection of music recommended to highlight the daily theme.

242 Lin LS

Lodrö, Geshe Gedün, *Calm Abiding & Special Insight: Achieving Spiritual Transformation through Meditation*, c1998, 334 pages.

A detailed picture of the intricacies of Tibetan meditation is presented revealing methods for overcoming afflictive states and disorders to create a mind which is stable, calm, and alertly clear. The book explores the nature of shiné (samatha) and lhag-thong (vipasyana) meditations.

T294.32 Lod CASI

Low, Albert, *The Iron Cow of Zen*, 1985, 202 pages.

A collection of koans—a startling saying or action from a Zen master used in meditation to stop the mind and get a deeper insight—plus a discerning commentary to relate these ambiguous statements to our daily life.

242 Low ICZ

Main, John, O.S.B., *Moment of Christ: The Path of Meditation*, 1984, 114 pages.

A simple and practical guide to the Christian tradition and practice of meditation. This book includes topics such as the way of silence, of stillness, of the mantra, leaving distraction behind, transcending self-consciousness, achieving fullness of life in love, and silence.

242 Mai MC

Mehta, Rohit, *The Science of Meditation*, c1978, 199 pages.

The theme of meditation is discussed from a purely practical point of view, in terms of the three main constituents in man, namely the brain, the habit mechanism, and the mind. It also discusses the awakening of Kundalini in a natural and spontaneous way, with no dangers involved as is done in Hatha Yoga techniques.

T M474 SM

Morris, P. M. Vince, *Zanshin: Meditation and the Mind in Modern Martial Arts*, 1992, 93 pages.

Various types of meditation are discussed and when combined with physical exercise, are shown to create harmony between mind and body through a calm, concentrated awareness, which also improves the technical side of martial arts.

242 Mor Z

Ñanadhammo, Ajahn, *Walking Meditation: Three Expositions on Walking Meditation*, 2007, 58 pages.

Three expositions on walking meditation by three Buddhist monks explore the benefits of this technique, its different stages, and the preparation and objects of meditation.

B294.08 WP no.464

Nhat Hanh, Thich, *The Miracle of Mindfulness*, 1976, 109 pages.

Written by the well-known Zen master, this manual on meditation blends the Mahayana and Theravada traditions of Buddhism and offers an introduction with 32 practical exercises for those who seek a starting place toward the benefits of meditation.

B294.73 Nha MOM

Ram Dass, *Journey of Awakening: A Meditator's Guidebook*, 1990, 426 pages.

Exploring many paths of meditation—from mantra, prayer, singing, visualization, and “just sitting”, to movement meditations such as T'ai Chi—the author suggests how to find the method most suitable for us.

242 Das JA

Rama, Swami, *Meditation in Christianity*, 1983, 128 pages.

This collection of essays written by both Easterners and Westerners, reveals little-known information about Christ's teachings on meditation, the influence of Hesychasm, the role of meditation in Christian monasticism, and its similarities to Eastern traditions.

248.34 Ram MC 1983

Ross Heaven, *Darkness Visible: Awakening Spiritual Light through Darkness Meditation*, c2005, 168 pages.

The use of darkness to contact our spiritual nature has been useful in many cultures. This book blends the stories of initiations in Europe, Africa, India, Japan, Tibet, North America, South America, and Haiti with scientific findings of how being in darkness affects the brain.

242 Hea DV

Rozman, Deborah, *Meditation for Children*, c1976, 151 pages.

The author, who teaches meditation to public school children in classroom settings, provides meditation exercises to suit children's needs as well as a program for applying meditation to families or those in group-living situations.

242 Roz MFC

Sera, Thera, *The Way of Mindfulness (Satipatthana-Sutta)*, 1967, 154 pages.

Buddha's *Discourse on the Arousing of Mindfulness* deals with the method of training for insight (vipassana). This rendition also includes a traditional commentary and excerpts explaining the teachings.

B294.71 Sat Som WM

Slater, Victor Wallace, *Raja Yoga: A Simplified and Practical Course*, 1968, 105 pages.

A practical ten-month course based on the famous meditation system presented by Patanjali in his Yoga Sutras, it includes topics such as right behavior, breathing exercises, postures, work with the senses, and different techniques of concentration, meditation, and contemplation.

T S115 RY

Smith, Bradford, *Meditation: The Inward Art*, 1963, 224 pages.

Meditation in different traditions such as the Hindu Yoga, Buddhist, and Zen, are explored as well as related topics such as thinking in symbols, meditation and its relationship to the arts, science, and religion, mysticism, and group meditation such as is found in Quaker meetings.

242 Smi MIA

Tarthang Tulku, *Gesture of Balance: A Guide to Awareness, Self-Healing, and Meditation*, c1977, 170 pages.

A collection of essays that offers introductory discussions of basic practices in meditation and awareness as they relate to present day, based on the Buddhist tradition preserved by the Nyingma lineage.

242 Tul GB

Tson-kha-pa Blo-bzan-grags-pa, *Calming the Mind and Discerning the Real: Buddhist Meditation and the Middle View: from the Lam Rim Chen Mo of Tson-kha-pa*, 1978, 512 pages.

The first English translation of important segments of *The Great Book on Stages of the Path* written by the founder of the Gelugpa sect of Tibetan Buddhism. It offers a treatise on meditation based on the teachings of Asanga and a philosophical text based on Nagarjuna's teachings.

B294.72 Tso= Way CMD

Tson-kha-pa Blo-bzan-grags-pa, *Deity Yoga: In Action and Performance Tantra*, 1981, 274 pages.

Tsong-ka-pa's text *The Great Exposition of Secret Mantra* is about the practice of Action and Performance Tantras. Included is a lucid introduction by the Dalai Lama about the meditative process in which yogis visualize themselves in the form of a Buddha's divine body.

T294.3 Tso DY

Watts, Alan, *Still the Mind: An Introduction to Meditation*, 2000, 127 pages.

An introductory guide by this famous writer and speaker on the subjects of Eastern thought and meditation. The book examines who we are, the philosophy of meditation, and its practice.

242 Wat SM

Wood, Ernest, *Concentration: An Approach to Meditation*, 1968, 154 pages.

A practical six months' course to develop concentration, both during the exercises and in daily life. It includes a supplement exploring different methods of meditation and the obstacles the practitioner usually encounters.

T W85 C 1968

Yatiswarananda, Swami, *Meditation and Spiritual Life*, c1995, 705 pages.

A practical manual of spiritual life with special emphasis on meditation, explaining the preliminary preparations, the different techniques of meditation, the various obstacles that are to be overcome, and the nature of genuine spiritual experiences.

H294.7 Yat MSL

Sound Recordings

Burnier, Radha, *The Value of Meditation*, AR 4648

Mehta, Rohit, *The Science of Meditation*, CDA 0229

Watts, Alan, *Alan Watts Teaches Meditation*, AR 5232

Video Recordings

Algeo, John, *HPB's Diagram of Meditation*, VR 0749

Krishnamurti, Jiddu, *Meditation*, VR 1212

Maritza, *Meditation for Beginners*, DVD 0011