

## Contents

Publisher's Preface ix Introduction by Mark Watts xiii

## Parti The Essential Process of the World

Chapter One: Who We Are in the Universe 21 Chapter Two: Meet Your Real Self 53

## Part II The Essential Process of Meditation

Chapter Three: The Philosophy of Meditation 81 Chapter Four: The Practice of Meditation 97

## Part III Still the Mind

Chapter Five: Contemplative Ritual 113

About the Author 123 Recommended Reading 125