



# You Have the Right to Remain Silent

*Rick Lewis*

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## **You Have the Right to Remain Silent** Rick Lewis

What meditation offers to those who are ready to seek peace in the midst of an active life. This is a comprehensive overview, exactly what beginners need to start meditation practice--and a refreshing perspective for experienced meditators. Offered are \* how to befriend an overactive mind \* how to bring the fruits of meditation into all aspects of daily life. \* common myths and confusions about meditation and its applications \* inspiring insights and practical examples \* anecdotes from the lives of masters and students of many traditions Major sections cover: What is Meditation? What is Mind? The Alchemy of Practice and The Wild Heart of Silence. Practical issues addressed within these sections include: \* Being with ourselves, as we are \* Anchoring the mind in reality \* Enjoying posture as a foundation for meditation \* Cultivating a lifestyle of presence

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