



Meditation and Imagination

Elleke van Kraalingen

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This is a clear and practical book for everyone who practices meditation –or who wants to do so. In a brief introduction the original meaning of meditation is explained according to the classical Yoga Sutra's of Patanjali. After this introduction the book consists purely of exercises, soberly and almost poetically described, to practice directly by oneself, or together with others. This book takes you from simple relaxation and concentration exercises, which everyone can start with, gradually building up to more advanced exercises leading to higher meditation. Different techniques are explained along the way to come to awareness of the transpersonal Self, the universal core in every human being. The last part of the book comprises a series of playful imagination exercises, which can be applied to shape your daily life creatively. Meditation is more than a discipline, meditation is a way to live life to the full!

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