



# Guided Meditation: Six Essential Practices to Cultivate Love, Awareness, and Wisdom

*Jack Kornfield*

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Since the time of the Buddha, meditation has been taught under the guidance of an expert as the easiest way to begin, and for the most powerful results. Celebrated teacher Jack Kornfield leads listeners through six essential meditations, a simple way to progressively deepen a practice - whatever your level of experience. With Guided Meditation, listeners join the author of the bestseller *A Path with Heart* (Bantam, 1993) on two transformational CDs that include: Breath meditation for stilling the body and quieting the mind; Mind Like Sky meditation for releasing the ego's attachments and resting in pure awareness; Visualization practice to meet the "inner sage;" and more. Meditation has its challenges - especially for beginners. With practices you can listen to again and again, Guided Meditation gives listeners a concise training "of the heart and mind" to enjoy the fruits of this centuries-old art.

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