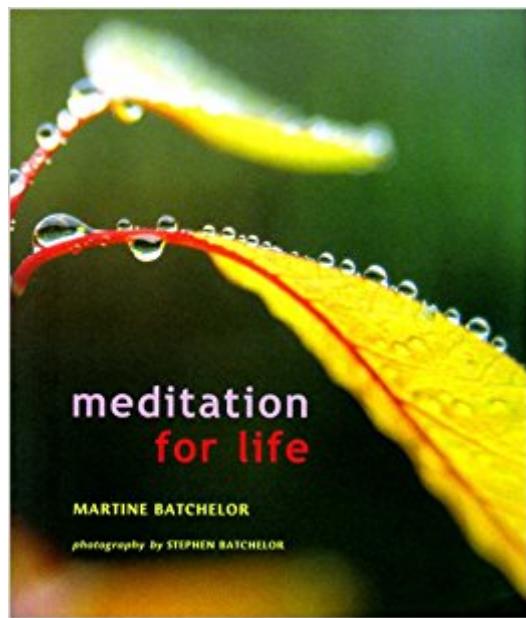


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# Meditation For Life



## **Synopsis**

In *Meditation for Life*, Martine Batchelor's writing -- through a mix of anecdote, humor, and practical instruction -- brings to bear her considerable experience as a meditation teacher as she explains the techniques of three major Buddhist traditions: Theravada, Tibetan, and Zen, while Stephen Batchelor's full-color photographs invite even the most seasoned practitioner to see with new eyes. This vividly photographed book encourages us to bring creative awareness to every aspect of our lives -- from making conversation to making dinner -- and reveals how every moment can be an opportunity to find joy.

## **Book Information**

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## **Customer Reviews**

Meditation is more than staring at your navel. It is a way of transforming life from the inside out. Former Buddhist nun Martine Batchelor knows this from a decade spent in a Zen monastery. Combining theory and practice, Batchelor transforms her own meditation experience into a manual that echoes the simple elegance of Zen. Ten chapters focus on different aspects of meditation, and each is broken down into background, practice, and a final guided meditation. For example, the chapter on daily life first explains the difference between formal and informal meditation, then discusses the many opportunities for informal meditation and how we can learn from those experiences. In the "Practice" section of the chapter, Batchelor offers specific methods for informal meditation, and finally, ends with a page of instructions for how to cook mindfully. Two things that set *Meditation for Life* apart from other books of its kind are the well-chosen personal anecdotes that

Batchelor uses to illustrate her points and the stunningly meditative photographs by her husband, Stephen Batchelor--photographs that could legitimately comprise a collection of their own. --Brian Bruya

"A wise and inviting introduction to meditation. Martine's wisdom and humor shine through." -Joseph Goldstein, author of *Insight Meditation: The Path to Freedom* --This text refers to an alternate Paperback edition.

Meditation for Life is an excellent introduction to various methods of meditation. Batchelor includes an eclectic mix of techniques and approaches from various types of Buddhism (e.g., Zen, Tibetan). The book is filled with practical, non-esoteric techniques for beginner through experienced meditators, with enough depth for ongoing practice, yet distilled so you can grasp basic concepts without having to wade through a lot of text. My only qualms are that the photography, although thoughtful, looks low resolution (especially in this large format), and I find the book a bit bulky to hold and carry. But these are quibbles that I can easily overlook because the book contains so many helpful gems. (Perhaps it could be reissued in a smaller format, in the same or a larger type size, but smaller pages and margins...)

I have owned this book years ago and I gave it to a friend. I ordered another copy to send as a gift. These guided self help on meditation changed my life and opened my mind. I would highly recommend it to anyone taking their first steps to living a more fulfilling life. The chapters cover compassion, empathy, love, etc.

A very simple and beautiful guide to the path, and probably because of that profound. Martine has a refreshing and down to earth approach to grounding meditation practice within my daily life, making this helpful in practicing both formally and informally, and easy to incorporate in a daily routine. I read it all the way thru once and now read the individual self-contained sections daily on an as needed basis. The pictures are an added bonus and can be used as meditation aids on their own and as comments to the text.

We use this book for our prison outreach ministries. Inmates new to meditation, particularly in the Zen tradition, need simple instructions that do not radically depart from their normal daily experience. Yet, there is here the mystery of pursuing a practice with no certain outcome while

experiencing the beginner's mind each sitting session, each meditation. This book is an excellent guide.

Although a dedicated Buddhist practitioner I am still relatively new to the actual concepts....Martine Batchelor explains these in concise, incisive detail without over doing it and keeps the examples short and on point. I especially found helpful her personal stories from life experience illustrating that even someone who lived an idealistic life as a Buddhist nun in Korea had problems not only in the monastery itself, but coming back into the western world we inhabit.

A jewel of a book by a very wise lady. De-mystifies meditation and makes it accessible to anyone, anywhere, anytime. Simple and concise language, a variety of approaches, and a guided meditation at the end of each chapter. You couldn't ask for more... Yet, you GET IT, in the form magnificent color photographs by the author's husband, Steven Batchelor! Highly recommended, you won't regret adding this book to your library.

I love the conversational, real-life tone of this book. It has helped me get over being intimidated about learning to meditate. And the photographs are beautiful and a perfect accompaniment.

Gorgeous book with just lovely photographs. I wonderful read on the ways to bring more peace into our lives.

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