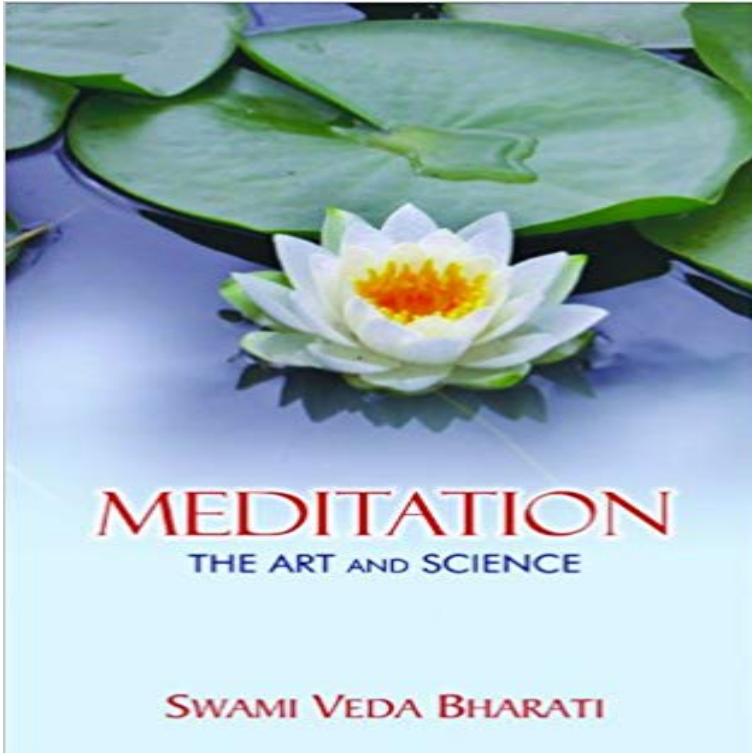


Meditation: The Art and Science



Meditation is where art and science converge. It is a vision, an inspiration and an intuition. It arrives on the screen of a visionary mind from sources within that are beyond calculations. Once it has arisen from within, we can then look at it and analyse its scientific dimensions. This book on meditation, a holistic piece encompassing its history, initiation and actual practice also describes how it is a powerful unifying tool for world religion. Enriched with authors scholarly depth, it is a must-read for everyone interested in unravelling the mystery of life.

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