

Guidelines for Meditation

- Don't try! (don't try to meditate, to breathe, to have enlightenment...)
- There is no correct experience
- Have a beginner's mind

Let your thoughts be a passing parade: don't jump into the parade, but turn your attention back to the practice.

Suggested Reading:

Eckhart Tolle:	
The Power of Now	ISBN 0-7336-1912-6
A New Earth	ISBN 0-718-14857-6
Practicing the Power of Now	ISBN 0-7336-1454-X

Byron Katie	
Loving What Is	ISBN 0-7126-2930-0
I Need Your Love	ISBN 184413026-6

Anthony De Milo	
Awareness	ISBN 0-00-627519-2

Thich Nat Hanh	
The Miracle of Mindfulness	ISBN 0-8070-1239-4