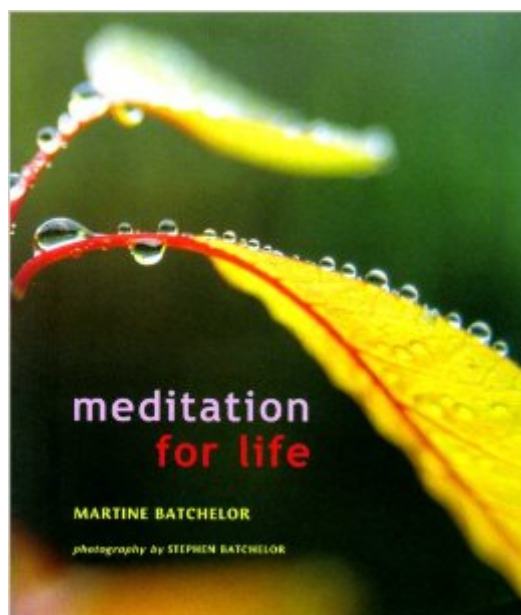


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# Meditation For Life



## 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 for Life* offers thoughtful insight into the world of meditation. Although written mainly for beginners, even the most experienced practitioners of meditation will enjoy Martine Batchelor's simple yet powerful words. Martine goes beyond the simple aspects of normal meditation and teaches us how the same techniques can apply to other parts of our life, such as having a conversation with someone or cooking. Through-out this beautifully bound book we can appreciate Stephen Batchelor's eye-catching photography, from a simple close-up of tree bark to an intriguing contrasted photograph of a monk crossing a bridge. Stephen's unique brand of photography highlights the overall tone of the book, namely one of enquiry and exploration. I had the pleasure of meeting both Martine and Stephen Batchelor at a Buddhist conference in New York, and purchased this book hoping that it would emit the same sense of energy and curiousness that they radiated

and I was not disappointed. All in all, a wonderful book with captivating photography. Well worth the purchase.- A 17-year old spiritual seeker

Martine Batchelor can write you into a meditative state. Her prose is as gentle and kind as is her outlook on meditation. She starts with basic meditation and moves into themes. She explains how to bring meditation into your daily life. She takes away the requirements of the activity and explains that one should meditate to meditate. An absolutely quiet place is not essential, a wonderful teacher is not required, to be awakened is not a thing to chase after. "Awakening cannot be reduced to a single experience. It is a process of dissolution, which involves letting go completely of hatred, greed and delusion. You do not awaken to something external, but to your own true nature." Thank you Ms. Batchelor.

This book offers invaluable insights on an incredible reach of topics, all with the voice of both lucidity and sharpness. Martine Batchelor focuses on and takes aim at the subject of non-attachment, or non grasping. Her husband, Stephen Batchelor, took all of the photographs in this book. And let me tell you: They are strikingly stunning pictures! Deeply reflective and soothing. Martine Batchelor says of non attachment, "non-attachment does not mean that you do not care." As one chapter's title "On Grasping" suggests, it simply means that you don't grasp. But we all have a tendency to do that, don't we? That's actually at the root of all our suffering. Not grasping means learning to relax in life, to let go of the object in our hand and let it fly away if it wishes. If it wants to stay, so be it. But it is free to leave at anytime. I can still value this certain object without, while being ready to put it down at any moment. Non grasping is not indifference! It is actually the only way we can develop true love and compassion for one another. If you don't buy this book, I'm going to come and take you to the bookstore in handcuffs to get it. It's that important and powerful. Wisdom publications has this history of publishing some of the most meaningful books I have ever encountered. These are the best sources for Buddhist texts in the English language. Enjoy!

I've always been fascinated with meditation and I had wanted to try it for a long time. However, as an atheist, other books on meditation frustrated me with their religious messages. I found no such problem with this book. Martine Batchelor offers an excellent guide to meditation that will lead to self-understanding and peacefulness without all the religious shenanigans.

I've been meditating in the Vipassana tradition for almost four years, and picked this up after

reading the wonderful book "Buddhism Without Beliefs" by Martine's husband Stephen Batchelor. I was not disappointed. This book is a plain-spoken, humble, wise, good-natured, and non-tendential introduction to a variety of buddhist spiritual outlooks and practices, with particular attention to Vipassana (insight meditation) and Korean Zen methods. I strongly recommend it both to novice meditators and more experienced practitioners. Each will find an ample store of insight, example, and inspiration for continued practice within its pages. Stephen Batchelor's luminous formalist photography of the everyday nicely complements the unadorned truths of the writing, though the overstylized graphic design undermines the impact of the images.

I just recently started to practice meditation (Vipassana). This book has been a wonderful supplement to the class I have been attending. The author does a wonderful job communicating some very profound teachings in the gentlest of voices. The writing is clear and concise. Especially if you're interested in Zen or Vipassana meditation, this book is for you. The text is supplemented by some beautiful photographs taken by the author's husband, Stephen Batchelor, who wrote Buddhism Without Beliefs, which I also recommend. The two books go well together. Overall, a wonderful book.

Straightforward, readable, wise, this book by Martine Batchelor makes meditation easily understood. It is inspiring for novice and experienced meditators alike. Each chapter includes discourse and a guided meditation. The photographs by Stephen Batchelor are stunning, each one a meditation in itself. Here are a few of my favorite sentences from the book: "What impels you to meditation is your inner being, who needs quietness and clarity, being instead of doing." . . . "When you meditate you feel at home, you return to your original being." . . . "An act of meditation is actually an act of faith - of faith in your spirit."

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