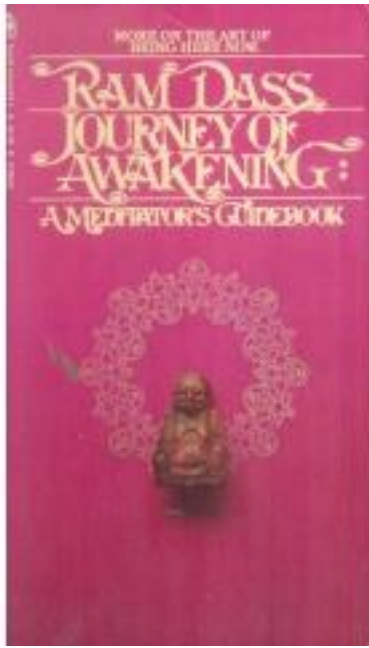


Journey of Awakening: a Meditators Handbook



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When we make it in our society and then don't feel
good inside---happy, at peace with ourselves--we are
confused. As we strive for external security and suc-
cess we anticipate that the pot of gold at the end of the
rainbow will not only look good, but make us feel
good. If it doesn't, we conclude that there is something

wrong with us, that we need to "adjust." The assumption is that an adjusted being would be happy with success. But success usually turns out not to be enough to make us happy, and the therapeutic couch isn't necessarily appropriate for what ails us.

Disillusioned by the hollowness of success, some of us have sought fulfillment in revolution, others in "dropping out," and others in trying to milk more and more gratification from our environment--and some of us have sought a solution to our problems in other cultures, philosophies, or religions.

For me this search took me from being a psychology professor at Harvard University, through experimentation with LSD and other psychedelics, and finally to the Himalayas in India. There I came to understand that I would have to approach my inner [being directly to find a lasting answer. Meditation has been the best way to do this.

There are innumerable meditative techniques de-

作者介绍:

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