

Meditation As Contemplative Inquiry



WHEN KNOWING BECOMES LOVE

MEDITATION AS CONTEMPLATIVE INQUIRY

A rare combination of scientific rigor, poetic appreciation, and spiritual insight... will enrich the lives of all those who read it and put its wise counsel into practice.

S. Allen Waltrip, author of *The Attention Revolution*

Arthur Zajonc

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In "Meditation as Contemplative Inquiry", Arthur Zajonc offers an overview of the meditative life, weaving practical instruction together with the guidance and inspiration of the world's great teachers, from Rudolf Steiner to Rumi, and from Goethe to the sages of Asia. Zajonc reminds us that an ethic of humility grounds all practice, and that care of the soul is the basis for sound spiritual reflection and understanding. The author carefully describes each stage of the path and includes many recommended practices. "Meditation as Contemplative Inquiry" is the fruit of many years of personal practice and teaching. Arthur Zajonc has worked with hundreds of university students and professors, as well as with contemplative groups in the US,

Europe, and Australia.

作者介绍:

Dr Arthur Zajonc is the Andrew Mellon professor of physics and interdisciplinary studies at Amherst College and is currently the director of the Academic Program of the Center for Contemplative Mind, an organization of 1500 academics supporting the appropriate inclusion of contemplative practice in higher education. Dr Zajonc is the former General Secretary of the Anthroposophical Society in America. He is the author of Catching the Light, coauthor of The Quantum Challenge, and coeditor of Goethe's Way of Science.

目录:

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