



What is Meditation?

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WHAT IS MEDITATION? The question is answered here in 38 ways -- irreverent, provocative, insightful, profound. Those who have avoided meditation because it seems too serious and holy might enjoy discovering it can be "Fun." The resolutely secular can entertain the notion that it's "Scientific" and an "Experiment." And the skeptical might even be persuaded that it's "Cool." Whatever category you fall into, here's an opportunity to loosen the bindings of your preconceived notions of what meditation is, and begin to approach it with more playfulness and joy.

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