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The Wooden Bowl: Simple Meditations for Everyday Life

Clark Strand

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'The Wooden Bowl' offers a way of being present - to ourselves, to nature, to other people. Clark Strand presents meditation, for the first time, not as some unattainable Grail, but as something as simple and available as a wooden bowl. He gives clear, simple guidance on such subjects as finding your own meditation practice in daily life, organising your own 'present moment group' and avoiding the troubling preoccupations that often afflict many meditators: 'Am I doing this right' 'Am I doing it enough' 'When am I going to get it' 'The Wooden Bowl' is the perfect guide to a personal, profound meditation that is not rigid, not time-consuming, not difficult.

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