



MEDITATION FOR SKEPTICS

A guide for living a spiritually attuned life based on experience.

Introduction

Don't believe a word of this book. Maintain your healthy skepticism. I don't want to convince you of anything. Certainly my life has not been a model of graciousness or gentility. I have no special access to secrets. I only know what I experience and I encourage you to do the same. Don't trust the experts; pay attention to your experience. I'm assuming that you are already doing very well. You use your intellect to solve problems and to reason. You use your feelings to relate to those humans and animals who share your life. And your curiosity leads you to explore fields as yet undiscovered. Maybe that curiosity has sparked an

interest in meditation. Maybe you sense there is more to life than just fulfilling your duties and having fun. Maybe you yearn for a richness that neither your intellect nor your emotions can provide.

If that is the case I assure you that you're right --- there is more and your access to it is not through your head or your heart. There is nothing wrong with thinking or feeling. Neither, however, is the vehicle through which you will experience the depth and power that is your birthright. It's your choice. You're doing fine now. But aren't you a little curious about what more awaits?