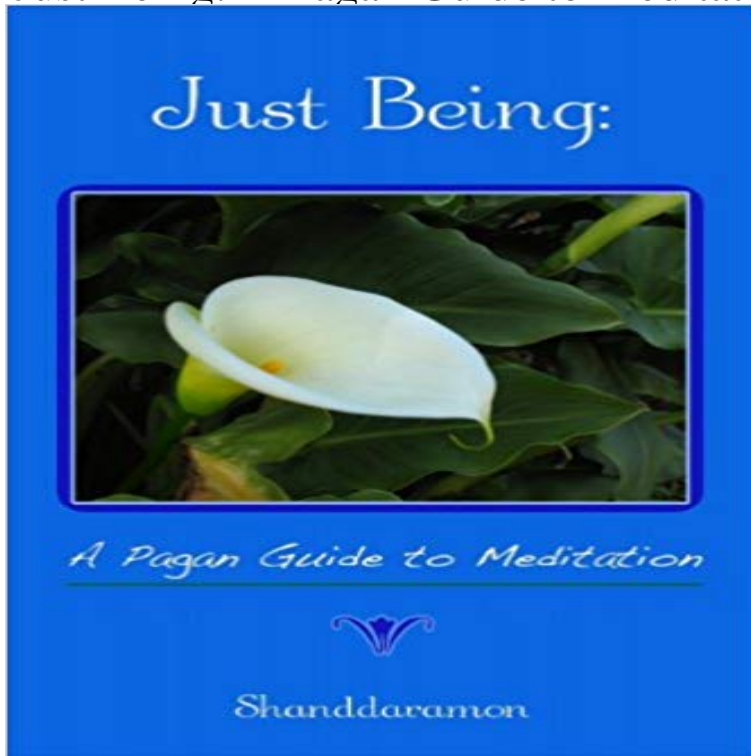


Just Being: A Pagan Guide to Meditation



There is a place between heaven and earth, between the ideal and the manifestation, between the divine and the mundane. This is the in-between place where life takes on a greater meaning and its purpose is revealed. It is in this realm that meditation can take the practitioner. For this reason, many different spiritual traditions incorporate meditation into their practices. Meditation has also been used to treat various medical, emotional, and physical maladies. It is a practice that crosses the boundaries of religion, philosophy, and spirituality. Meditation is not something that happens naturally for most people. It is a skill and, like any other ability, can be improved upon by developing particular sub-skills and then practicing the techniques learned. This text looks at meditation from a Pagan perspective by incorporating an Earth-based theology and a practice based on the development of the whole self. It makes it possible for a complete novice to begin to learn the basic skills needed to become a skilled and effective meditator. With careful practice, an open heart, and a commitment to improving the self, the practitioner can find that place between the divine and the day-to-day.

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