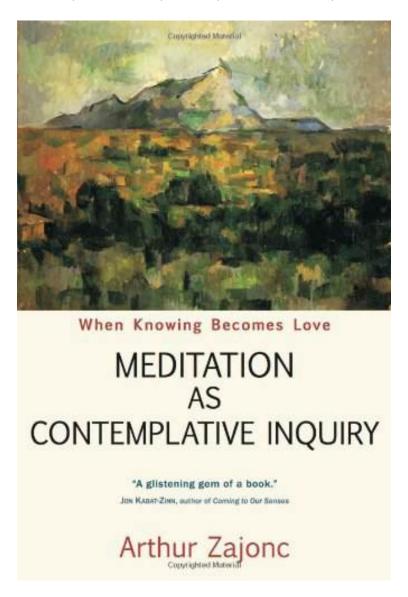
Meditation as Contemplative Inquiry: When Knowing Becomes Love

By Arthur Zajonc

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When we turn to meditation we are turning toward renewal peace and insight Initially we may take up contemplative practice as a means of tapping into the abundant resources of the mind and heart that bring serenity but the meditative journey leads further to the place where wisdom and love unite In Meditation as Contemplative Inquiry Arthur Zajonc offers an overview of the meditative life weaving practical instruction together with the guidance

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