

Contents

<i>Introduction</i> by Laurence Freeman OSB	7
1. MEDITATION AND ENLIGHTENED LEADERSHIP Presentation at the Business of Spirit Seminar, McDonough School of Business, Georgetown University, USA 2011	11
2. THE CONTEMPLATIVE EXECUTIVE: LEADING FROM THE HEART Presentation at the John Main Seminar, Quebec, Canada 2007	24
3. CHRISTIAN MEDITATION FOR THE BUSY EXECUTIVE Talk to the Catholic Business Network (CBN) Singapore 2011	52
4. MEDITATION AND THE FUTURE OF FINANCE Summary of Interview for CFA Institute, Singapore 2013	66
<i>How to Meditate</i>	80
<i>Resources on Meditation</i>	81
<i>The World Community for Christian Meditation</i>	83

