

Contents

Introduction by Laurence Freeman

Timely Voices	10
Defining Meditation	16
The Practice	21

Conversations

1. Why Meditate?	25
LEE KUAN YEW <i>in conversation with Laurence Freeman</i>	
2. Meditation and Leadership	32
RAY DALIO <i>in conversation with Laurence Freeman</i>	
3. Meditation for the Investment Professional	45
NG KOK SONG <i>in conversation with Jason Voss</i>	

Appendices

Recommended Resources	58
The World Community for Christian Meditation	60
Bonnevaux	63