

CONTENTS

In the dark	1
Welcome	3
Learning to begin	12
Beginning again	22
<i>How to meditate</i>	26
Meditation <i>and</i> depressions	32
<i>Meditation: Nothing to be done</i>	48
By any other name	53
<i>Meditation: I will give you rest</i>	67
Loss, grief, mourning and birdwings	73
<i>Meditation: 'A Moment in each Day'</i>	88
No self/no shortcuts	95
<i>Meditation: With the leper and the wolf</i>	110
Life is the treatment!	115
<i>Meditation: A perpetual surprise</i>	141
Into the desert	146
<i>Meditation: We do not know how to pray</i>	164
Before you die	171
Community	175
Another beginning	194
<i>Meditation: The general dance</i>	196
Postscript	200

CONTENTS

<i>Notes</i>	205
<i>Select bibliography</i>	213
<i>Recommended reading</i>	215
<i>Organizations and resources</i>	217
<i>Acknowledgements</i>	219
<i>Permissions</i>	221