

Contents

1. Coming Home	1
2. Bikes and Boats	6
3. Mosquitoes and Monkeys	12
4. Tuning In	17
5. A Flower	21
6. Acorns	26
7. A Violin String	31
8. A Cloud	37
<i>How to Meditate</i>	42
<i>The World Community for Christian Meditation</i>	43