

These clear, challenging talks are specifically designed to inspire prisoners to develop a regular meditation practice. The talks are drawn from their own experience. They can be used individually in-cell or prior to a group meditation. The content is also appropriate to any meditation group.

### Tracklisting:

1. The mantra – A Simple Word 2. Simplicity and Difficulty 3. The Body – why do we sit? 4. The Monkey Mind 5. Without Expectation 6. Stillness at the Centre 7. Finding Joy/Finding Peace 8. Growing in Love 9. Who are you and do you want to find out? 10. Becoming who we are called to be 11. Making Meditation a Daily Practice 12. In the Stillness of Time 13. How to Meditate – Long introduction 14. How to Meditate – Short introduction

**Michael Bow** is a member of The Religious Society of Friends and is a practicing meditator. He has considerable experience in leading meditation in prison.

**Rev Allison Waterhouse** is a Methodist Minister involved in Community Chaplaincy and leads meditation in prison. Her interest is in the transformative potential of spirituality.

**Geoff Waterhouse** is a Methodist local preacher and currently WCCM UK Prison Co-ordinator. He leads meditation groups both inside and outside prison.

Playing time approx. 60 minutes

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