MEDITATION & MENTAL HEALTH: Mercy not Sacrifice by Jim Green

## Contents

- 2 Anguish
- 3 Not in our Right Mind
- 6 The Place of the Ego
- 8 WOUNDING
- 12 No Spiritual Shortcuts
- 13 How Does Meditation Work?
- 15 The Benefits and the Fruits
- 17 Not Alone
- 19 YOUR BODY
- 21 Sanity
- 24 How to Meditate
- 25 Resources