



Falling Into Easy: Help For Those Who Can't Meditate

Dee Willock

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Can't meditate? Knees killing you? Misplaced the present moment? Let Falling Into Easy make meditation simple, practical and accessible. For years, we've heard about the benefits of meditation. Spiritual teachers describe the benefits of a quiet mind, psychologists advise us not to be ruled by our wild thoughts, our mothers tell us we should learn to relax, and even neuroscientists extol the benefits of a regular meditation practice. There is only one confusing and all-too-familiar dilemma: How exactly does one meditate? Falling Into Easy offers a way for both novice and seasoned meditators to land right smack in the middle of the present moment—with very little effort or travel required. Through a discussion of the simple mechanics of meditation, coupled with instructive metaphors, readers will learn to meditate with ease and a sense of familiarity. Falling Into Easy reveals the greatest paradox of meditation. Readers set out to gain something new, but in actuality, they will discover something they've always possessed: a peaceful state of well-being, simply and naturally accessed with every successive breath.

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