



Commit to Sit: Tools for Cultivating a Meditation Practice from the Pages of Tricycle

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From the pages of *Tricycle*, the country's most widely read Buddhist magazine, comes *Commit to Sit*, an introduction to the art of meditation. In recent years, interest in meditation has grown to include not only those on a spiritual search, but also those who are simply working toward a healthy and meaningful life.

This book brings together a broad range of Buddhist meditative techniques that have appeared in the magazine over the years. Contributors include some of the foremost voices in contemporary Buddhism: Pema Chödrön starts our journey with an inspirational Foreword. Lama Surya Das explores the definition of meditation, while Sharon Salzberg and Joseph Goldstein lay out a 28-day program for establishing a daily practice. Wherever you are on your search, you will find plenty of guidance in this book. Learn about insight meditation from Bhante Henepola Gunaratana and Sylvia Boorstein. Or about zazen from Barry Magid and Martine Batchelor. Gil Fronsdal offers instruction in metta (lovingkindness) meditation, while Judith Simmer-Brown teaches *tonglen*, a Tibetan Buddhist practice for cultivating compassion. We also learn about the crucial role the body plays in meditation from S. N. Goenka, Reginald Ray, Wes Nisker, and Cyndi Lee. We receive guidance on managing issues that arise in meditation from Jon Kabat-Zinn, Christina Feldman, Matthieu Ricard, Pat Enkyo O'Hara, and others. And there are practices for bringing mindfulness and compassion to daily life from Thubten Chodron, Sayadaw U Tejaniya, and Michael Carroll.

Though targeted to the reader who would like to begin meditating, this collection also offers support and guidance to the experienced meditator working to sustain a lifelong practice. This is a guide to meditative practice for any seeker wishing to deepen their understanding of themselves and their world.

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