



The Art of Meditation

Joel S. Goldsmith

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Among books on the disciplines of the Christian life, there are few that deal as specifically and practically with inward prayer or meditation, as this new one from a respected and influential writer. Mr. Goldsmith is not concerned with theory or theology, but with man's need of prayer. His book's starting point therefore is the inner conviction every man has that he is not alone in the universe. The reader is soon introduced to an attractive, regular program of daily meditation, adapted to his needs and situations. Through "the art of meditation" he is helped to realize his oneness with God and to find a clearer view of himself and his world. The purpose of this remarkably simple book is to release man to his God given birthright, which includes freedom from bondage to materialism, from addiction to small and unworthy ends, from all forms of self-seeking. Careful instructions, illustrative examples and specially-written meditations are here for the reader seeking wise spiritual guidance. The book is divided into three parts: Meditation: The Practice; Meditation: The Experience; Meditation The Fruits. The style is most direct and uncomplicated, free from all technical verbiage and "special" vocabulary.

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