



Meditations for InterSpiritual Wisdom: Practices and Readings drawn from the World's Spiritual Traditions

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Meditations for InterSpiritual Wisdom is a collection of articles on meditation and prayer in different spiritual traditions as taught by authentic teachers of those traditions. In each article, the author gives context for a foundational practice of their tradition and follows it with instructions for carrying out this practice. Some of the noteworthy contributors to this special volume are Swami Atmarupananda, Kenneth Cohen, Sheikh Kabir Helminski, Don “Four Arrows” Jacobs, Father Thomas Keating, Rabbi Zalman Schachter-Shalomi, B. Alan Wallace, and many others. In addition to the practices in this volume are a carefully chosen selection of verses on different themes from the Buddhist, Christian, Hindu, Indigenous, Islamic, Jewish, and Taoist traditions.

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