

Meditation Now Or Never Steve Hagen

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Meditation Now or Never is certainly not a bad introduction to meditation - but I also wouldn't call it particularly good. Steve Hagen writes plainly and simply about matters from the more practical concerns of how to actually meditate to what to expect (or not) from meditation.

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5.0 out of 5 stars Meditation Now or Never. Reviewed in the United Kingdom on February 12, 2013. Verified Purchase. An excellent, no nonsense introduction to meditation. It is suitable both for people starting to do meditation, and for more "seasoned" practitioners. Steve's writing is very direct, and clearly written from a long matured experience.

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In practicing meditation, we go nowhere other than right here where we now stand, where we now sit, where we now live and breathe. In meditation we return to where we already are--this shifting, changing ever-present now. If you wish to take up meditation, it must be now or never." ? Steve Hagen, Meditation Now or Never

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