

TABLE OF CONTENTS

	Contents	Page Number
	Introduction to <i>The Practical Applications of Meditation</i> , Third Edition	i-ii
Chapter One	Applications of Meditation in Daily Life	1-3
	The Temples of Human Life	3-4
Chapter Two	A Primer on Stress Reduction	5-20
	Additional Techniques for Stress Reduction	20-24
Chapter Three	What is Practical Meditation?	25-27
	An Exploration of Practical Meditation	27-31
	Reflections on Acceptance	32
Chapter Four	Personal Assessment	33-34
	Adult Stage Life Tasks	34-35
	Adult Life Skills: A Primer for Those in Recovery	36-48
	Taking Care of Basics	48-50
	Are You Happy?	50-57
	Maturity	58-60
Chapter Five	The Need for Goal Setting	61
	A Goal Setting Primer for Recovery	62-68
	Your Personal Success Notebook	69-70
	Considering Commitment	70-73
	On Congruent Vocation	73-85
Chapter Six	Job Skills, Human Skills: The Role of Meditation	85-87
	On Working Without Praise	87
	Pathways to Excellence	88
	The Quest for Excellence	89-91
	The Spectrum of Success	92
	Principles of Successful Action	93-94
	What Motivates You?	94-97
	Success is a Choice	98
Chapter Seven	Can Meditation Enhance Learning?	99-101
	The Possibility of Increasing Human Intelligence through Meditation	101-107
	On Intelligence	107-108
	The Second Chord of Jnana Yoga	109-127
	The Role of Meditation and Study	128-131
	Conceptual Skills Mastery: Applications of Meditation	131-135
	Types of Learning	136-137
	Reflections on Intelligence	137-141
	Reflections on Genius	142-145
	The Seven Pillars of Education	146-148
Chapter Eight	Spiritual Evolution and Learning	149-151
	Meditation and the Adult Learner	151-158
	Levels of Scholarship	158-159
	Skills Students Must Learn to Succeed in High School	159-161
	How to Study More Successfully and Get Better Grades	161-166
	A Glossary of Meditation Terms	167-178
	Index	179-182
	Walking in the Garden (Special Section)	
	Have You Looked at Your Garden? (Poem)	183
	Contemplative Art for Practical Meditation	184-188