



# **Secular Meditation: 32 Practices for Cultivating Inner Peace, Compassion, and Joy — A Guide from the Humanist Community at Harvard**

*Rick Heller*

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Meditation is a form of mental exercise with numerous scientifically verified physical and psychological benefits. As meditation teacher Rick Heller shows, meditation's benefits extend beyond the personal to enrich relationships with others, with one's community, and with the world. In *Secular Meditation*, step-by-step instructions, personal stories, and provocative questions teach empathy for others, stress reduction, and the kind of in-the-moment living that fosters appreciation for life and resilience in the face of adversity. Heller simplifies what is often found mysterious, describing and providing detailed instructions for 32 different practices, ensuring that anyone can find the right one.

Heller simplifies what is often found mysterious -- "If you have ever loved or even liked another person, you have the prerequisites for learning kindness meditation" -- and invites all to partake in "awe and wonder at the rich experience of being alive."

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