

MEDITATION  
AND ITS  
PRACTICE



Swami Rama

# Contents

Foreword	vii
Acknowledgments	ix
Preface	xi
Chapter 1: What Is Meditation?	1
Chapter 2: Preparation for Meditation	15
Chapter 3: Meditative Postures	29
Chapter 4: Meditation, the Mind, and Mantra	45
Chapter 5: Breathing Practices	57
Chapter 6: A Program for Progress in Meditation	79
Chapter 7: Questions and Answers on the Practice of Meditation	95
Recommendations for Further Study	109
Appendix A: Relaxation Exercises	111
Appendix B: Breathing Exercises	115
Glossary	123
About the Author	131