



# **The Fruits of Meditation, Journal for Spiritual Living, Summer 2013 (The quarterly journal of the Blue Mountain Center of Meditation)**

*Eknath Easwaran*

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The Blue Mountain Journal is a quarterly journal for spiritual living based on Eknath Easwaran's eight-point program of Passage Meditation. The approach is nondenominational, nonsectarian, and free from dogma and ritual. It can be used within each person's own cultural and religious background to relieve stress, heal relationships, release deeper resources, and realize one's highest potential.

This Summer 2013 edition opens with the lead article, "Learning to Swim " which is taken from Easwaran's book Conquest of Mind and explores the relationship between going deeper in meditation and what we do during the rest of the day. Using the ancient Indian image of the mind as a deep pool, Easwaran compares learning to dive below the surface to what we do in meditation when we take it to a deeper level.

In his second article, "How to Deepen Meditation," Easwaran explains some of the connections between meditation and the rest of the day.

Easwaran's articles are followed by Question-and Answer exchanges with his students on these topics

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