



# Natural Meditation: A Guide to Effortless Meditative Practice

*Dean Sluyter*

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# Natural Meditation: A Guide to Effortless Meditative Practice

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**Natural Meditation: A Guide to Effortless Meditative Practice** Dean Sluyter  
**NAUTILUS BOOK AWARDS GOLD-MEDAL WINNER FOR 2015**

**There's no trying in meditation.**

Just as water runs naturally downhill ... just as leaves float naturally to the ground ... we can all settle naturally into meditation. Not trying, just allowing—not doing, just being.

The key is effortlessness. Whether you're a complete novice or you've "tried it before," if you can breathe you can meditate. Guided by veteran teacher Dean Sluyter's easy-going, down-to-earth approach, you'll test-drive a variety of meditative "vehicles," such as breath, sound, the senses, the sky, and the simple sense of "I," and discover which ones fit you best. You'll find all the practical tips you need for adapting these methods to your daily life, even for a few minutes a day on the subway or in an office cubicle. And as your life opens to deep happiness, clarity, peace, and creative energy, you'll be inspired to keep on practicing—naturally.

*From the Trade Paperback edition.*

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