

Meditations for Modern Minds

I have an addiction to travelling. For me, it's a window to new worlds and new cultures. And it makes me happy ...or does it?

In the recently published book, *Meditation for Modern Minds*, long-time TI student Jeremy Cohen reminds me that if living in Paris is the cause of happiness, then all Parisians would be happy – but clearly they're not. Living in Paris, or being rich, is not the direct cause of happiness. That's why we feel some happiness travelling, eating well, or spending money, but it doesn't last.

There are seven other fascinating teachings and meditations from TI's Monday night teachers, who are all students of Venerable Geshe Doga – Allys Andrews, Jeremy Cohen, Margie Hanrahan, Damien Busby, Judy Mayne, Venerable Michael Yeshe, Clare Callinan, and Dr Ross Moore. They have all studied Buddhism for at least twenty years. There are excellent Q&A sections that tease out the concepts a little more. The teachers also introduce themselves with their personal experiences of how meditation and Buddhist insights help them in their own lives.

Randomly opening the book, Margie explores the difference between love and attachment, and the cycle of craving, desire, and attachment. She really drills down into how we can get rid of our obsessions. Note to self, I must reduce my expectations.

At \$15, *Meditation for Modern Minds* is a great gift for people who have questions about Buddhism, or for your friends and family that aren't quite sure what it's all about.

As TI's Bob Sharples says, *Meditation for Modern Minds* presents the wisdom of the ancient Buddhist teachings in a fresh, modern context.

The teachers come from different, sometimes multiple, backgrounds – an engineer, academic, high school teacher, monk, marriage celebrant, office workers, artists – who apply practical Buddhist insights and meditation techniques to help us gain some inner peace and happiness in our lives today.

Meshel Laurie from *The Project* says of the book, "we are trying to add some Buddhist stimulus to our over-burdened minds, and to open them up to the Buddha's way of looking at things".



The TI Publishing Group has also published the *Twelve Links of Dependent Arising*, a different kind of book again. More scholarly, and with a colour lift-out of the Wheel of Life, it's a wonderful book of Geshe Doga explaining the nature of the 12 links to help us understand that the way we see things is not how they exist. Compelling reading for those who want to go that extra step in understanding the nature of reality.

Cynthia Karena

