



Laughter, Tears, Silence: Expressive Meditations to Calm Your Mind and Open Your Heart
By Pragito Dove
New World Library 2010 \$14.95

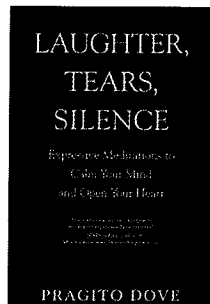
We've all heard about the benefits of meditation as a way to find respite from our increasingly hectic world. So why don't more of us do it? Many people are turned off by the idea of sitting still.

Pragito Dove was one of them. She was raised by an emotionally abusive mother. When her son was born, she searched for ways to heal her inner rage so she wouldn't take it out on him. She was reluctant to try meditation, because she

thought it meant "sitting in silence with a rigid back for hours on end." But then Dove read about expressive meditation practiced by 20th-century mystics and gave it a try. She discovered in herself "the long-buried, joyful person who was longing to be happy, creative, loving and loved."

Laughter, Tears, Silence is full of meditations, many of them just four minutes, targeted toward a range of emotions from guilt and grief to self-celebration and self-love. Dove's expressive techniques include laughing, humming, dancing, stomping, running and "gibberish"—uttering nonsensical phrases. Dove says these are powerful tools for tapping into our essential nature: happiness.

So next time you meditate, it's okay if you can't stop laughing. Dove says you're opening your heart and activating the Law of Attraction.



MAY/JUNE 2010