



L'art de la Méditation

Matthieu Ricard

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Si apprendre à méditer est un cheminement que même les plus grands sages suivent tout au long de leur vie, s'y exercer au quotidien transforme déjà notre regard sur nous-mêmes et sur le monde. Tel est le propos de cet essai très accessible, à la fois guide spirituel et philosophique et initiation concrète à la pratique de la méditation. Riche de sa double culture, de son expérience de moine, de sa connaissance des textes sacrés et de sa fréquentation des maîtres, Matthieu Ricard montre les bienfaits évidents que l'exercice de la méditation peut apporter à chacun dans notre société ultra-individualiste et matérialiste.

S'abandonner à l'écoute de la voix apaisante d'Eric Pierrot, c'est déjà commencer à méditer.

"J'ai voulu faire un livre sur les techniques de méditation pour la démystifier, pour dire à quoi elle sert."

Matthieu Ricard

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