



# How to Meditate for Real: Transcending Meditation Myths

*Shelly Weingart*

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In the opening pages of *How to Meditate For Real* Shelly warns readers to “be prepared to experience disruptions to life as they now know it;” disruptions like “illogical inner peace, sudden acquisition of true riches, and friends looking at them funny.” Shelly’s quirky humor sets a relaxed tone but she quickly gets to her “politically incorrect” point and pulls no punches. Her point is actually two-fold: First, meditation that calls for emptying the mind is dangerous, and second, meditation on the words of the God of Christian Scripture is what Shelly calls “Real Meditation.” Parts II and III consists of Bible passages accompanied by Shelly’s original artwork and pages for journal-style reader responses.

About the author: Shelly has a Masters degree in Marriage and Family Therapy from Eastern Nazarene College. She lives with her husband Phil Weingart in the greater Pittsburgh Area where she works with disabled adults and is active in her local church. Her two young adult sons, who she counts among her best friends,

Live and work in New England.

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