



Meditation is

By Bodel Rikys

Polair Publishing, United Kingdom, 2007. Paperback. Book Condition: New. 152 x 101 mm. Language: English . Brand New Book. Some things are hard to explain in mere words, and meditation is one of them. Sometimes, it takes an artist of humour, skill and originality. Bodel Rikys is such. In a series of drawings with minimal words she has created memorable images. Memorable because they are both profound and quirkily funny. Memorable because, gently, they actually instruct us in the practice of meditation. Bodel thus creates the outstanding book for the MBS Christmas market. A meditation teacher and professional artist, Bodel has always been particularly interested in making meditation accessible and enjoyable. In MEDITATION IS , her artwork does just that. Bodel began meditating with TM (Transcendental Meditation) in the 1970s but later trained under William Bloom in holistic spirituality. In 2005, a significant Daily Telegraph feature celebrated her brand of teaching, which she calls Endorphin Meditation as it is designed to make you happy and content. As an artist, she has worked for the Freud Museum, Vogue and the Financial Times . She has written and illustrated four children s books for The Bodley Head and Penguin USA and she has...



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