



## Simple Meditation: A Spiritual Connection for Transforming Your Life

### Curt Remington

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Earlier in his life, author Curt Remington was like the many people who feel daunted by meditation. So he's in a good position to reassure his readers right from the start, saying, "[Y]ou do not have to sit still and keep your mind blank." In fact, he learned that his lifelong love of being out in the quiet majesty of nature was, in fact, a kind of meditation. Remington, formerly an entrepreneurial workaholic in the real estate appraisal business, now shares his nature photography and meditation approaches, along with insights drawn from his training in energy healing and clairvoyance, in his first book.

Driven by his search for life's purpose, Remington begins a journey that incorporates what he calls intentional meditation, including taking classes with a psychic. Readers learn about the author's learning path along with his wife's studies in the same area. Their stories, along with anecdotes from people they have worked with, enliven and deepen the how-to information in each chapter. In his father's final minutes, the author awakened abruptly from a dream of a horse. His sister called right then to say his dad had just passed. "I realized that the galloping horse represented him letting me know that he was free of his pain-ridden body and had moved on to new adventures," says Remington.

Starting with simple visualizations, the book builds step-by-step, covering approaches for connecting with nature, spirit, and each other. Advanced exercises and concepts include grounding and neutrality, running your energies, the Akashic Records, energy healing, spirit guides, and vision quests. Esoteric subjects receive matter-of-fact coverage with clear, simple language that ties into practical applications. For example, his advice on grounding: "When you're inside, grounding your environment releases any negative energy...imagine a grounding cord extending from the floor to the center of the earth."

The author admits to being a skeptic, so those who are like-minded will find a sensitive introduction to a variety of meditation approaches. Some might observe that this book is overly simplistic and is not connected with any specific spiritual tradition. Still, beginners in meditation will appreciate Remington's mentoring, his personal stories, practical guidance, and emphasis on meditation's transformative potential. Using this basic guide, readers can travel a path of relaxing, visualizing, then gently experiencing ever-deepening and transformative meditations.

BOBBYE MIDDENDORF (April 7, 2011)

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