



Into Your Meditation: Metaphors on Essential Elements of a Meditation Practice

Lcsw, Noëlle Vignola

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The key pillars of a meditation practice can daunt even the most practiced spiritual traveler. In *Into Your Meditation*, author Noëlle Vignola explores these pillars through the playful use of metaphor and storytelling. A life coach and social worker, Vignola breaks down a series of daily, bite-sized meditations. Arranged in thematic sections of seed, root, stem, branch, leaf, bloom, and fruit, each piece is designed to be brief and read before or after a sit. The selections can be read in any sequence and each stands alone as a practice piece. Lovingly prepared for any spiritual traveler, the meditations offer food for thought to carry with you, not only in your sit, but throughout the day. Some will immediately resonate with you, while others may not. Take what serves you and feel free to leave the rest.

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