

The background of the cover is a photograph of a sunset or sunrise. The sky is a gradient of orange and red, with some clouds visible. In the foreground, there is a dark silhouette of a person, possibly a monk or a meditator, sitting in a meditative posture. The person's head is slightly bowed, and their hands are resting on their knees. The overall mood is peaceful and contemplative.

STEPHEN LEVINE

*Author of **Wonders of Buddhism**
and **Awakening into Life and Death***

GUIDED MEDITATIONS,
EXPLORATIONS
AND HEALINGS

Guided Meditations Explorations And Healings

Charles S. Prebish, Kenneth K. Tanaka



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