



# Climbing the Blue Mountain: A Guide to Meditation and the Spiritual Journey

*Ekknath Easwaran*

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## **Climbing the Blue Mountain: A Guide to Meditation and the Spiritual Journey** Eknath Easwaran

“These essays sparkle with the humor and insight that have made Eknath Easwaran a popular teacher for over 30 years . . . Easwaran clarifies spiritual practice with vivid, concrete metaphors drawn from his years of observing people, animals, and the natural world. He certainly doesn’t downplay the difficulty of the meditative quest, which in order to be successful will cost us everything we have. But he does present its rewards so persuasively that it’s hard to resist the impulse to sit down and start right away.” – Yoga Journal

Easwaran presents meditation using the metaphor of himself as a travel agent guiding readers on an interior spiritual journey. Easwaran combines Eastern and Western wisdom into an eight-point path useable by seekers of all religious traditions.

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