

## Thoughts on Meditation and Writing

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Writing can be entering another stream of time & meditation may also be entering or attempting to enter another stream of time. Unbound from constraint. Time as we live, non-sequential, weighted, sinuous, elusive. Gift. Consciousness.

The title, « The Book of Moments », in itself, is an attempt to bring awareness to our consciousness, in each moment, to be cognizant that our lives are made of moments, this moment. More specifically, in this book (often concerned with grieving and loss) mediation is linked to dreaming as a source. Writing through dreams as a meditative process, an attempt to make use of the common resource of dream sense. When waking life is unfathomable, dream life becomes even more inevitable and invaluable. So with that in mind I've chosen a selection from this book today highlighting dreaming and the relation between writing and contemplative practice.