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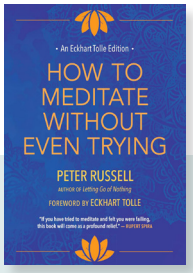
Soulful Reads

with Allison Bruce

Hi, Readers! How is it already Fall!? For this issue about regulating and restoring our nervous systems, I selected two meditation books that I hope will inspire you in their own unique ways. As always, if you have read any *Soulful Reads* picks and want to share your insights please email me at allison@flourishintegralhealth.com. Joyful reading to you!



1. How to Meditate Without Even Trying

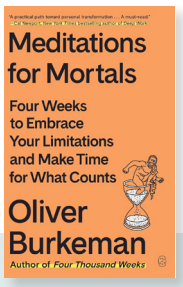
By Peter Russell

"At any moment, we can step back from our troubles and cease creating that particular discontent by choosing to pause our thinking. When we do, the mind quiets, and we rediscover the natural ease and clarity of the untroubled mind."

How to Meditate Without Even Trying, by Peter Russell, published by New World Library in 2026, is written to help you be more relaxed in your meditation practice. The author, a speaker on consciousness, teaches that when you pause to meditate, it can be effortless. This book includes three chapters titled "Allowing," "Letting Go," and "Being" that all support uncovering your true self. The instructions that I found most beneficial include making the choice to stop following unwanted thoughts and return to the present, be less judgmental while meditating, honoring unexpected coincidences, and focusing on gratitude. Peter and I did a Q&A; please be sure to check it out!

"When I meditate regularly, or especially after I have been on a meditation retreat, life seems to work out especially well. It's as if nature (which he[Maharishi] defined as the fundamental intelligence of the Universe) has my best interests at heart and arranges for their fulfillment in ways I could never have dreamed of."

How to Meditate Without Even Trying is a great book for someone who wants a simple approach to meditation.



2. Meditations for Mortals: Four Weeks to Embrace Your Limitations and Make Time for What Counts

By Oliver Burkeman

"A football match is exciting because you don't know who'll win; a field of intellectual study is absorbing because you don't yet have a handle on it all. The greatest achievements often involve remaining open to serendipity, seizing unplanned opportunities, or riding unexpected bursts of motivation."

Meditations for Mortals: Four Weeks to Embrace Your Limitations and Make Time for What Counts by Oliver Burkeman, published by Picador in 2024, is a joy to read. Each of the brief 28 chapters offers a refreshing and light-hearted approach to being human and navigating life - what the author analogizes "to occupy a little one-person kayak, borne along on the river of time to your inevitable yet unpredictable death." Through his own personality, Oliver Burkeman creates a kinship with the reader. He normalizes our human foibles and makes our shadows feel less daunting. He motivates us to stop over-analyzing and/or procrastinating and accept that life will always present challenges. He persuades us to make the time and do the things that really matter to each of us.

"And so instead of asking how to summon the energy or motivation or self-discipline to do something that matters to you, it's often more helpful to ask: What if this might be a lot easier than I'd been assuming?" €

Meditations for Mortals is a wonderful book for anyone who wants to prioritize what is important to them.

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