



# **Buddhist Meditation and the Internet: Practices and Possibilities**

*Joanne Miller*

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# Buddhist Meditation and the Internet: Practices and Possibilities

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We now know that people are trying to reproduce online much of what they do offline. So why is it that meditation is only a very small part of Buddhist Internet activity? How can this be so when the Internet is profoundly intertwined with our everyday lives and offers us so many religious possibilities? *Buddhist Meditation and the Internet: Practices and Possibilities* looks at what happens to meditation when it goes online by examining virtual meditators, worlds, iPads, real-time synchronous 'sits', and cross-hemisphere retreats. It paints an intriguing picture about the extent to which we can meditate without a body - or through a virtual one.

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