



Allan Lokos is the founder and guiding teacher of The Community Meditation Center. He is the author of *Through the Flames*, *Patience*, and *Pocket Peace*. His writing has appeared in *The Huffington Post*, *Tricycle* magazine, and *Beliefnet*, and he has been interviewed by CBS Sunday Morning, *The New York Times*, *The Chicago Tribune*, and on more than one hundred radio and TV programs.

Among the places he has taught are Columbia University Teachers College, Albert Einstein College of Medicine, Marymount College, The Omega Institute, The Barre Center for Buddhist Studies, The Rubin Museum (Brainwave Series), Tibet House US, and The Milken Institute.

Allan has practiced meditation since the mid-nineties and studied with such renowned teachers as Sharon Salzberg, Thich Nhat Hanh, Joseph Goldstein, and Stephen Batchelor.