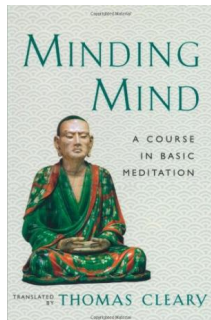


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MINDING MIND: A COURSE IN BASIC MEDITATION



Shambhala, Boston, USA, 1995. Paperback. Book Condition: Brand New. First Edition. Some types of meditation are aimed at promoting a sense of confidence and well-being in everyday life, while other types focus on producing altered states of consciousness, transcending the world, or developing skills for serving other people. The instructions in this book focus on the highest type of all, "pure, clear meditation": a state of true objectivity that enables the practitioner to use all the other types of meditation..

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- Authored by Thomas Cleary (translated and explained)
- Released at 1995



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