



Buddhist Meditation: Tranquility, Imagination and Insight (Paperback)

By Dharmachari Kamalashila

Windhorse Publications, United Kingdom, 2012. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. First published in 1991, this book has become established as a comprehensive guide to the theory and methods of Buddhist meditation, providing a complete introduction for beginners as well as detailed advice for experienced meditators seeking to deepen their practice. With this third edition Kamalashila has included new sections on the importance of the imagination, on Just Sitting, and on reflection on the Buddha. There is also new material on sadhana--including less formal, more experimental ways to connect with the living reality of the awakened mind--on mindfulness, and on the balance required between active and receptive approaches in meditation. Writing in an informal, accessible style, Kamalashila draws particular inspiration from the great Theravadin commentator Buddhaghosa, from Zhiyi--the preeminent master of the Chinese Tien-t ai School--and above all from the Buddha. The result is a practical handbook, complete with trouble-shooting guides to the places your practice might take you. It is also an exploration of the ultimate aim of Buddhist meditation: heightened awareness, true happiness and--ultimately--liberating insight into the nature of reality. Kamalashila has been teaching meditation since 1976. He has developed approaches to...



READ ONLINE
[3.95 MB]

Reviews

An incredibly amazing book with perfect and lucid information. I was able to comprehend everything using this written ebook. I realized this book from my dad and i advised this ebook to understand.

-- **Hank Ruecker DDS**

This pdf is great. It really is rally intriguing throug studying time period. I am just quickly could possibly get a satisfaction of reading a written pdf.

-- **Roosevelt Braun**

See Also

**Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how to go about it ideas' coupled with...

**Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...

**Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...

**Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video Games. iPods. Kids today are plugged into...

**Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who can teach you a lot. Everyone who...

**The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback**

Book Condition: Brand New. Book Condition: Brand New.