"The Essentials of Buddhist Meditation" is a classic Buddhist meditation instruction manual deeply rooted in the Indian Buddhist "calming-and-insight" meditation tradition. Within its tradition, it is the universally-acknowledged standard beginning-to-intermediate meditation manual, one which offers perhaps the most reliable, comprehensive, and practically-useful Buddhist meditation instruction currently available in English. The author of "The Essentials" is the sixth-century monk and meditation master, Shramana Zhiyi (Chih-i), one of the most illustrious figures in the history of Chinese Buddhism. Master Zhiyi is famous for his role in the founding of the Tiantai teachings lineage and for his authorship of a quartet of meditation manuals of which this is one. The translator of this volume is the American monk, Bhikshu Dharmamitra, a translator of numerous classic works from the Indian and Chinese Buddhist traditions.

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The Lotus Sutra , , 1993, Religion, 359 pages. Since its appearance in China in the third century, The Lotus Sutra has been regarded as one of the most illustrious scriptures in the Mahayana Buddhist canon. The object of.

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The Bodhisaб№ѓbhДЃstra Treatise Commentary The Early Indian Exegesis on ДЂгЃстра, Arya Nagarjuna,
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Natural Meditation , Aug 1, 2000, Body, Mind & Spirit, A four-session video course teaching Tibetan Buddhist meditation practices known as Dzogchen or "the great natural innate perfection," leading to clarity of mind and greater.


The Great Calming and Contemplation A Study and Annotated Translation of the First Chapter of Chih-I's Mo-Ho Chih-Kuan, Neal Arvid Donner, Daniel B. Stevenson, 1993, Religion, 385 pages. Chih-i (538-597) was the principal founder of the T'ien-t'ai (Tendai) school, one of the most influential and enduring traditions of East Asian Buddhism. In the Mo-ho chih-kuan.

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Stopping and Seeing A Comprehensive Course in Buddhist Meditation, Zhiyi, 1997, Body, Mind & Spirit, 207 pages. A study of the dynamics of Buddhist meditation explores the foundational principles of shamatha and vipashyana, or the process of stopping delusion and seeing truth, in a guide.
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The Other Woman Women of Colour in Contemporary Canadian Literature, Makeda Silvera, 1995, Literary Criticism, 457 pages. Women writers in this collection include interviews with; Himani Bannerji, Dionne Brand, Maria Campbell, Afua Cooper, Beatrice Culleton, Ramabai Espinet, Lenore Keeshig-Tobias. The Essentials of Buddhist Meditation, 236 pages. Presents a variety of approaches parents can use to encourage their children to read. Study relating to Palamu District, Bihar; includes statistics. The general purposes of this dissertation are:

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