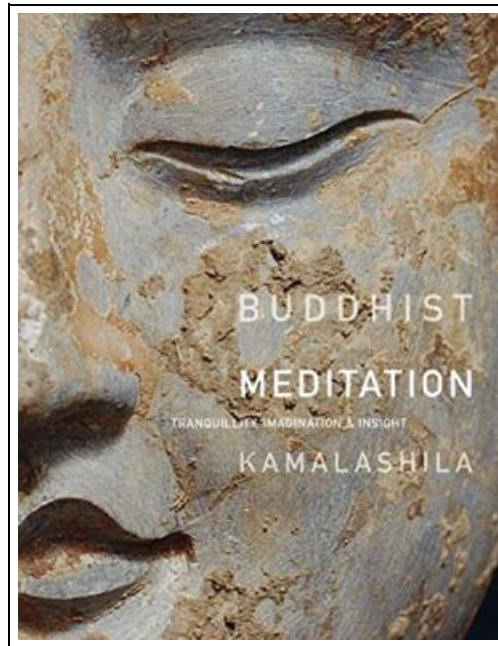


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Windhorse Publications, United Kingdom, 2012. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book. First published in 1991, this book has become established as a comprehensive guide to the theory and methods of Buddhist 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 meditation practice that are accessible to people in the contemporary world while being firmly grounded in the Buddhist tradition.

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