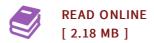




Step by Step: Basic Buddhist Meditations

By Geshe Namgyal Wangchen

Wisdom Publications, U.S., United States, 2009. Paperback. Book Condition: New. Revised ed.. 226 x 152 mm. Language: English. Brand New Book. Step By Step is a practical introduction to the profound meditation methods of Tibetan Buddhism. Based on the teachings of the great Tibetan saint and founder of the Gelug School, Tsongkhapa, the techniques explained here are simple, direct and possess the power to radically alter the way we see the world and ourselves. They present a time-tested means for counteracting depression, anxiety, low self-esteem, and countless other forms of mental suffering. This book provides the reader with all of the instruction necessary to embark on the path of transformation that Tibetan Buddhists have refined over the last 1300 years. Geshe Wangchen provides detailed explanations on the six perfections, emptiness, the preciousness of life, and how to develop the genuine altruistic wish to live one s life in a way that brings only benefit to all living things. Geshe Wangchen provides three life-changing meditations that the reader can immediately integrate into their lives in order to work toward a life experience that is more compassionate, confident, and full of wisdom.



Reviews

This publication can be really worth a go through, and a lot better than other. It is actually writter in straightforward words and phrases instead of confusing. I discovered this pdf from my dad and i suggested this publication to learn.

-- Jackeline Rippin

A high quality book and also the font employed was intriguing to read. I was able to comprehended every thing out of this created e book. You wont really feel monotony at whenever you want of the time (that's what catalogues are for concerning should you check with me).

-- Prof. Johnson Cole Sr.