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The Breath

By Vessantara

Windhorse Publications. Paperback. Book Condition: new. BRAND NEW, The Breath, Vessantara, In the breath Vessantara, who has been meditating on the breath for over 30 years, writes engagingly for both newcomers to meditation and those with some experience, giving us: Clear instruction on how to meditate on the breath; Practical ways to integrate meditation into our lives; Suggestions for deepening calm and concentration; Advice on how to let go and dive into experience; Insights into the lessons of the breath; This is an incredibly useful combination of practical instruction on the mindfulness of breathing with much broader lessons on where the breath can lead us. Unique and so very useable for meditators as well as their teachers.

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