



Minding Mind: A Course in Basic Meditation

By Thomas Cleary (translated and explained)

Shambhala, Boston, USA, 1995. Paperback. Book Condition: Brand New. First Edition. Some types of meditation are aimed at promoting a sense of confidence and well-being in everyday life, while other types focus on producing altered states of consciousness, transcending the world, or developing skills for serving other people. The instructions in this book focus on the highest type of all, "pure, clear meditation": a state of true objectivity that enables the practitioner to use all the other types of meditation freely and consciously, without becoming fixated or obsessed. Minding Mind is based on traditional texts by renowned teachers from various Buddhist schools of China, Japan, and Korea, covering a broad range of topics, including: * The practice of basic meditation * Techniques for improving concentration * How to correct problems that arise during meditation * Differences between methods of sudden and gradual enlightenment * The practice of koan meditation * Meditation in action Questions? Find answers on our Frequently Asked Question. Printed Pages: 144. Size: 12.5 x 18.5 Cm.



READ ONLINE
[9 MB]

Reviews

This written publication is wonderful. It really is loaded with knowledge and wisdom You will not really feel monotony at at any time of your time (that's what catalogues are for relating to if you ask me).

-- **Desmond Becker**

Absolutely essential go through publication. I am quite late in start reading this one, but better then never. You will not feel monotony at at any time of the time (that's what catalogues are for regarding if you ask me).

-- **Ambrose Thompson II**