Get PDF

THE PATH IS THE GOAL: A BASIC HANDBOOK OF BUDDHIST MEDITATION



Audible Studios on Brilliance, 2017. CD-Audio. Condition: New. Unabridged. Language: English. Brand New. According to the Buddha, no one can attain basic sanity or enlightenment without practicing meditation. The teachings given here on the outlook and technique of meditation provide the foundation that every practitioner needs to awaken as the Buddha did. Trungpa teaches us to let go of the urge to make meditation serve our ambition; thus we can relax into openness. We are shown how the deliberate...

Read PDF The Path Is the Goal: A Basic Handbook of Buddhist Meditation

- Authored by Chogyam Trungpa
- Released at 2017



Filesize: 3.47 MB

Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Ida Herman

A really great publication with perfect and lucid explanations. Of course, it is play, continue to an amazing and interesting literature. I discovered this book from my i and dad suggested this publication to find out.

-- Dr. Augustine Borer

This book might be worthy of a go through, and a lot better than other. it had been writtem really properly and helpful. You may like just how the author write this publication.

-- Prof. Mattie Beatty