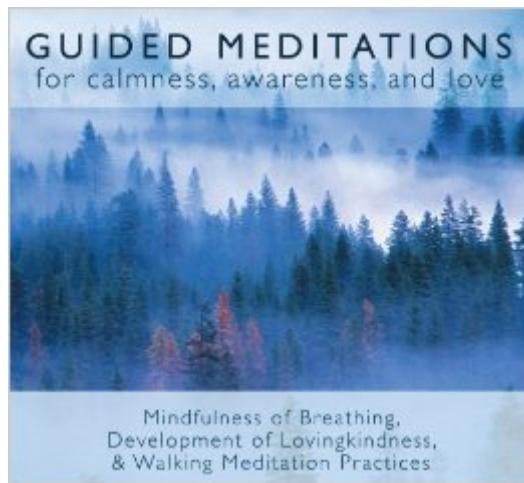


The book was found

Guided Meditations: For Calmness, Awareness, And Love



Synopsis

These three meditations from the Buddhist tradition will help you develop greater depths of calmness and self-awareness, and will help you to cultivate greater appreciation for yourself and lovingkindness for others. As is traditional in Buddhism, these guided meditations do not contain musical accompaniment.

Book Information

Audio CD

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Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (129 customer reviews)

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Customer Reviews

I have been meditating for over 20 years and I teach meditation. In general, I follow the Buddhist Vipassana methods although I'm always open to learning new things. I bought this CD to check it out because I am always looking for new resources for people learning meditation. This specific CD contains three basic meditations: mindfulness of breathing, loving-kindness and walking meditation. The first two are rather common to find, but instruction on walking meditation is a bit more unusual to find on audio. I found all of the meditations to be simple, straightforward, uncomplicated by distracting music and well thought out. The first two do an excellent job of covering the basics and are quite good for a beginner. There are many fine points to both these meditations that one can learn later from a book such as MINDFULNESS WITH BREATHING by Buddhadasa Bhikkhu or Sharon Salzberg's book on Loving-Kindness Meditation. I'm glad a walking meditation was included on this CD and I think this one is a good start. However, I felt this section of the CD could be better and include more instruction. There are many levels to walking meditation and perhaps the author felt it was most important to start somewhere and give people a simple practice to start. I have found walking meditation to be particularly useful for busy Westerners and learning the various levels and

fine points of this practice important. There are not a lot of audio resources for this information, but the Insight Meditation package by Salzberg and Goldstein does a pretty good job. However, their voices are not nearly as pleasant as Bodhipaksa. This additional instruction may help you to take your practice of walking meditation further, however.

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