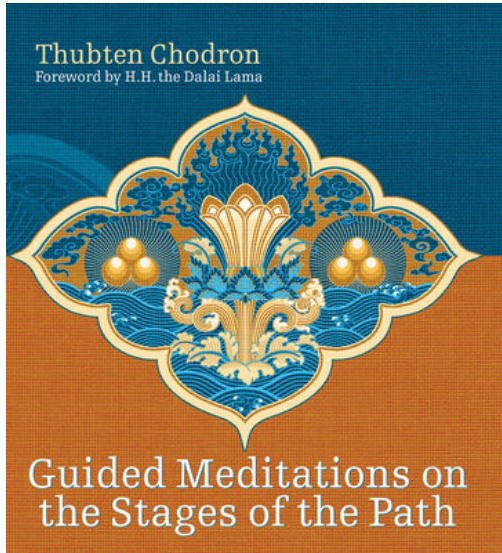


Télécharger Livres Gratuit Guided Meditations on the Stages of the Path (PDF | ePub | Mobi) Thubten Chodron download-free



The *lamrim* (stages of the path) presentation of Buddhist teachings has become a core topic of study at many Buddhist centers in the West. For busy practitioners, the lamrim gives a concise and easily graspable picture of the Buddhist path. Best-selling author Thubten Chodron has a unique ability to present these teachings. In this volume, she provides clear explanations of the stages of the path, while the accompanying audio program contains guided meditations on each of the topics covered in the text. The meditation teachings of lamrim, says Buddhist teacher Thubten Chodron, are like ready-made clothes that are easy to wear: they're systematized so that we can wear them right away, so we can learn and practice them in an organized fashion.

Lamrim can be translated in various ways: "stages of the path," "steps on the path," or "gradual path." "Gradual path" reminds us that the process of transforming the mind, unlike so many other things in our hurry-up society, is a slow and thoughtful one. These systematic teachings are the subject of this book. The lamrim presents a step-by-step method to tame the mind, and each person will find meaning and insight according to his or her level of understanding. As readers practice these meditations repeatedly, their comprehension and experience will transform and deepen, even though the words used to spark the meditation sessions remain the same.

The first section of guided meditations discusses how to establish a daily practice, how to set up an altar, and how to approach the two kinds of meditation—stabilizing and analytical. The second presents the meditations. The third supplies an overview, instructions for working with distractions, antidotes to mental afflictions, advice for newcomers, and suggestions on how to deepen Dharma practice. The accompanying audio program (available to eBook buyers as a free MP3 download) contains over fourteen hours of guided meditations, led by Thubten Chodron. Individuals who live far from Buddhist teachers or Dharma centers will appreciate the personal guidance offered with these meditations, enabling them to begin and continue a daily meditation practice.

This is a new and expanded version of *Guided Meditations on the Lam Rim*, and the recording was previously published in a 14-CD format under that name.

Title : Guided Meditations on the Stages of the Path
Author : Thubten Chodron
:
:
:
:
:
:

File Size : 1.69MB

[Télécharger Livres Gratuit Guided Meditations on the Stages of the Path \(PDF | ePub | Mobi\) Thubten Chodron download-free](#)

Télécharger Livres Gratuit Guided Meditations on the Stages of the Path (PDF | ePub | Mobi) Thubten Chodron download-free

[Télécharger Livres Gratuit Guided Meditations on the Stages of the Path \(PDF | ePub | Mobi\) Thubten Chodron download-free](#)

GUIDED MEDITATIONS ON THE STAGES OF THE PATH PDF - Are you looking for eBook Guided Meditations on the Stages of the Path PDF? You will be glad to know that right now Guided Meditations on the Stages of the Path PDF is available on our online library. With our online resources, you can find Guided Meditations on the Stages of the Path or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Guided Meditations on the Stages of the Path PDF may not make exciting reading, but Guided Meditations on the Stages of the Path is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Guided Meditations on the Stages of the Path PDF and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Guided Meditations on the Stages of the Path PDF. To get started finding Guided Meditations on the Stages of the Path, you are right to find our website which has a comprehensive collection of manuals listed.

Our library is the biggest of these that have literally hundreds of thousands of different products represented. You will also see that there are specific sites catered to different product types or categories, brands or niches related with Applied Numerical Methods With Matlab Solution Manual 3rd Edition PDF. So depending on what exactly you are searching, you will be able to choose ebooks to suit your own needs.

Here is the access Download Page of GUIDED MEDITATIONS ON THE STAGES OF THE PATH PDF, click this link to download or read online:

[Télécharger Livres Gratuit Guided Meditations on the Stages of the Path \(PDF | ePub | Mobi\) Thubten Chodron download-free](#)

1000 livres les plus vendus [GRATUIT]