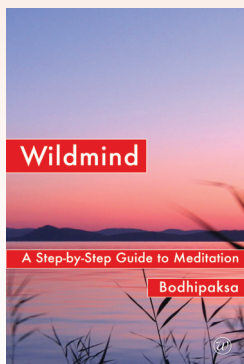


Books on meditation

Going deeper...

Wildmind: A Step-by-Step Guide to Meditation – Bodhipaksa



'Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind.'

'This book is a guide to discovering our innate exuberance, emotional self-reliance, and spontaneity, free from the restrictive conditions of habit and fear.'
– Bodhipaksa

From the basics of a good meditation posture, to the subtleties of working with your own mind, this illustrated guide explains everything you need to start – or strengthen – your meditation practice.

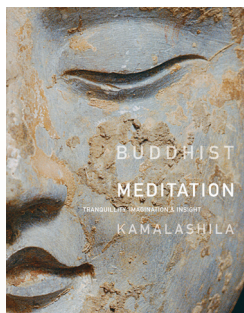
'Of great help to people interested in meditation and an inspiring reminder to those on the path'

– Joseph Goldstein

'Bodhipaksa guides us through all the basics of mindfulness and loving-kindness meditations with the voice of a wise, kind, and patient friend.'

– Dr. Lorne Ladner

Buddhist Meditation: Tranquillity, Imagination & Insight – Kamalashila



'Meditation is based on "the operation of our own minds"; on the everyday and mysterious experience we refer to as "me", my mind or my heart. By practising what the Buddha taught we can emulate his achievement and make contact with the living energy of his Awakening. And it is the mind – the very same mind that's trying to make sense of these words – that can do this.'

– Kamalashila

Writing from his many years of experience, Kamalashila gives us a comprehensive guide to Buddhist meditation, providing a complete beginner's introduction, as well as detailed advice for experienced meditators seeking to deepen their practice. He explores the primary aims of Buddhist meditation: enhanced awareness, true happiness, and – ultimately – liberating insight into the nature of reality.

'This enhanced new edition guides readers more clearly into the meditations and draws out their significance more fully.'

– Lama Surya Das

'A wonderfully practical and accessible introduction to the important forms of Buddhist meditation.'

– Gil Fronsdal