

Guided Meditations on the Stages of the Path; 224 pages; 2016; Shambhala Publications, 2016; 9781559398244; Thubten Chodron

Guided Meditations on the Stages of the Path (2007). All rights reserved. No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without permission in writing from the publisher. Library of Congress Cataloging-in-Publication Data. Names: Thubten Chodron, 1950- author. Title: Guided Buddhist meditations: essential practices on the stages of the path/Bhikshuni Thubten Chodron. Other titles: Guided meditations on the stages of the path. Description: Boulder: Shambhala, 2019. | Previously published as: Guided Meditations on the Stages of the Path. Identifiers: LCCN 2019001132 | ISBN 9781611807301 (pbk.: alk. paper). eISBN 9780834842267. 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. 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 book is divided into three sections: Learning to Meditate, The Meditations, and Keeping on Track. The CD provides narration on meditations, including specific meditation instructions, visualizations, and prayer recitations. Guided Meditations on the Stages of the Path Introduction 09-05-07. Reading: "Getting to the Meditation Cushion" and "Advice for Newcomers". Guided Meditations on the Stages of the Path Reading 09-05-07. Related materials. A condensed version of the meditation outline. Teachings on the lamrim. Foreword by His Holiness the Dalai Lama. I am very happy to learn that Bhikshuni Thubten Chodron has undertaken to record the analytical meditations on the lamrim. In "Guided Meditations," Chodron provides clear explanations of the stages presented in the lamrim. An accompanying CD includes guided meditations on each of the topics covered in the book." Ashe Journal. Read more | Generic selectors.