



The Tibetan Book of Meditation

Lama Christie McNally

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Meditation helps us relax, sharpens our minds, and increases our creativity. In *The Tibetan Book of Meditation*, Lama Christie McNally demonstrates that meditation also provides a much greater gift. It awakens our innate potential to shape our reality, to make moments of joy last forever, and to bring us the peace and contentment that we all ultimately seek.

Written in an instructional yet intimate style, the author guides readers through a progression of meditations, from the simple concept of compassion to the transformative concept of emptiness. Teaching technique and content at the same time, this book is unique in its comprehensive approach and will find a special place in the hearts of novice and experienced meditators alike.

Christie McNally, a renowned master teacher and lecturer who has studied with some of the greatest Indian, Tibetan, and western Buddhist masters, explains the central tenets of Buddhism and reveals how they apply to everyday life. Combining ancient wisdom and contemporary teachings, she leads readers along the path to a richer, fuller life through resonant examples and eye-opening insights.

Her engaging tone and fresh approach to the art of meditation will appeal to followers of Pema Chödrön and to readers of Jack Kornfield, Sharon Salzberg, and Jon Kabat-Zinn. This down-to-earth guide to meditation brings the wisdom of Tibetan Buddhism to a new generation.

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This The Tibetan Book of Meditation book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you receive by reading this book is actually information inside this e-book incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. That The Tibetan Book of Meditation without we recognize teach the one who studying it become critical in contemplating and analyzing. Don't possibly be worry The Tibetan Book of Meditation can bring any time you are and not make your case space or bookshelves' come to be full because you can have it in the lovely laptop even phone. This The Tibetan Book of Meditation having fine arrangement in word along with layout, so you will not feel uninterested in reading.

Sandra Conaway:

People live in this new day of lifestyle always attempt to and must have the free time or they will get lots of stress from both lifestyle and work. So , whenever we ask do people have time, we will say absolutely of course. People is human not really a robot. Then we question again, what kind of activity do you possess when the spare time coming to an individual of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, often the book you have read is definitely The Tibetan Book of Meditation.

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