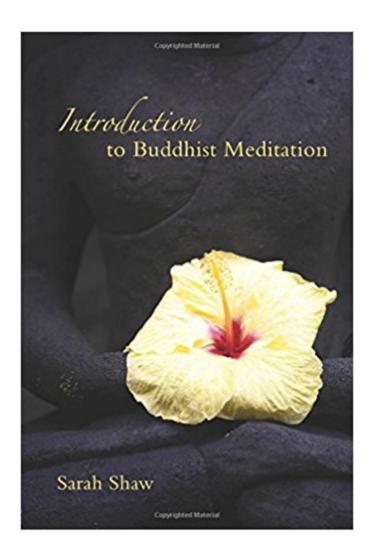


The book was found

Introduction To Buddhist Meditation





Synopsis

Sarah Shawââ ¬â"¢s lively introduction to Buddhist meditation offers students and practitioners alike a deeper understanding of what meditation is, and its purpose and place in the context of different Buddhist schools. She describes the historical background to the geographical spread of Buddhism, and examines the way in which some meditative practices developed as this process occurred. Other chapters cover basic meditative practice, types of meditation, meditation in different regions, meditation and doctrine, and the role of chanting within meditation. Although not a practical guide, An Introduction to Buddhist Meditationà Â outlines the procedures associated with Buddhist practices and suggests appropriate activities, useful both for students and interested Buddhists. Vivid quotations from Buddhist texts and carefully selected photographs and diagrams help the reader engage fully with this fascinating subject.

Book Information

Paperback: 320 pages Publisher: Routledge; 1 edition (October 15, 2008) Language: English ISBN-10: 0415409004 ISBN-13: 978-0415409001 Product Dimensions: 6.1 x 0.7 x 9.2 inches Shipping Weight: 1.1 pounds (View shipping rates and policies) Average Customer Review: 2.9 out of 5 stars 2 customer reviews Best Sellers Rank: #510,722 in Books (See Top 100 in Books) #93 inĂ Â Books > Textbooks > Humanities > Religious Studies > Buddhism #562 inà Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #1277 inà Â Books > Christian Books & Bibles > Worship & Devotion > Meditations

Customer Reviews

'A thoughtful overview and introduction to the range of methods and traditions of Buddhist meditation across Asia, from mindfulness of breathing to visualisation, koan and chanting practices. A particular strength is that it shows how meditative qualities are extended into daily life through devotional, ritual and artistic practices, which then in turn give nurturing roots for more archetypally meditative practices.'à ¢â \neg ⠜ Peter Harvey, University of Sunderland, UK,Ã Â and editor of the Buddhist Studies Review journal.

Sarah Shaw teaches for the Oxford University Department for Continuing Education and practises with the Samatha Association of Britain. She is theà Â translator of Buddhist Meditation: An Anthology of Texts from the Pali Canon (Routledge 2006). Georgios Halkias is Visiting Associate Researcher in the Faculty of Oriental Studies,Ã Â University of Oxford.

very nice as one of the few books to give a more academic treatment and overarching look at the great variety of meditation practices within Buddhisms around the world. Sometimes it seems to border on an academic book that wants to be a more popular book or vice versa. I felt there was some lack in consistency in the voice and intended audience of the book, thus keeping it from 5 stars. There are also some questionable points and generalizations, but that is very forgivable in a book that tries to cover so much ground. A very solid addition to an area which is not treated enough with an academic lens ... but, fyi, if you are simply looking to start a meditation practice, probably not the right book for you.

This book has sooooo many typos. Like, a lot of typos.

Download to continue reading...

Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Photo Book of Buddhist Holy Places: (Buddhist pilgrimage sites) (Pictures of ancient Buddhist temples, stupas, shrines and monasteries) (buddha, asian, ... monastery, southeast, east, pilgrimage) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, Dala $\tilde{A}f\hat{A}$ -Lama $\tilde{A}\phi\hat{a} \neg \hat{A}$ (Buddhism, Bouddha, Buddhist ... & Spirituality, Dala $\tilde{A}f\hat{A}$ Lama, Zen. Book 1) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Zen: Beginner¢â ¬â,,¢s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Introduction to Buddhist Meditation The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) Who Is My Self?: A Guide to

Buddhist Meditation The Experience of Insight: A Simple and Direct Guide to Buddhist Meditation (Shambhala Dragon Editions) How to Sneak More Meditation Into Your Life: A Doable Meditation Plan for Busy People (Yoga for Busy People) Guided Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis, Affirmations, Guided Imagery & Relaxation Techniques) Guided Mindfulness Meditation: A Complete Guided Mindfulness Meditation Program from Jon Kabat-Zinn Meditation, My Friend: Meditation for Kids and Beginners of all Ages The Calming Collection-The Weight is Over:Hypnosis/Meditation for Lasting Weight Loss**Guided Meditation and Hypnosis CD Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Meditation for Beginners: Ultimate Guide to Relieve Stress, Depression and Anxiety (Meditation, Mindfulness, Stress Management, Inner Balance, Peace, Tranquility, Happiness) Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation)

Contact Us

DMCA

Privacy

FAQ & Help