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Mathieu Rickard, a Buddhist monk living in Kathmandu, is a co-author of Monk and Philosopher and is the official French translator of His Holiness the Dalai Lama. A bestselling Sunday Times, this new paperback is an elegant and inspiring short guide to the art of meditation: another moment of classic from the bestselling author Of Happiness. Wherever it goes, Buddhist monk Mathieu Rickard is asked to explain what meditation is, how it's done and what it can achieve. In this authoritative and inspiring book, he lays out the answers to these questions. Mathieu Rickard shows that the practice of meditation can change our understanding of ourselves and the world around us. He tells us through his theory, spirituality and practical aspects of deep contemplation and illustrates each stage of his teaching by examples. Through his experience as a monk, his close reading of sacred texts, and the deep knowledge of Buddhist masters Mathieu Rickard reveals the significant benefits that meditation, based on selfless love and compassion, can bring to each of us. Best reviews of the latest Sunday Times bestseller reviews, this new paperback is an elegant and inspiring short guide to the art of meditation: another moment of classic from the bestselling author Happiness. Wherever he is caught, Buddhist monk Mathieu Ricard is asked to explain what meditation is, how it is done and what it can achieve. In this authoritative and inspiring book, he lays out the answers to these questions. Mathieu Rickard shows that the practice of meditation can change our understanding of ourselves and the world around us. He tells us through his theory, spirituality and practical aspects of deep contemplation and illustrates each stage of his teaching by examples. Through his experience as a monk, his close reading of sacred texts, and the deep knowledge of Buddhist masters Mathieu Rickard reveals the significant benefits that meditation, based on selfless love and compassion, can bring to each of us. This book provides a brief and concise description of the main type of meditation practices in Tibetan Buddhism. I am a practicing physician with less than a year immersed in Tibetan Buddhism, and have previous three years of experience in and in meditation. So I was prone to teaching and reading, participating in meditation retreats, and there were numerous meditative practice instructions, some detailed to some extent and others that I had just heard but did not learn. However, I have this book a brief and concise description of the main type of meditative practices in Tibetan Buddhism. I am a practicing physician with less than a year immersed in Tibetan Buddhism, and have previous three years of experience in and in meditation. So I was exposed to teaching and reading, participating in meditation retreats, and there were numerous meditative practices some detailed to some extent, and others that I just heard but did not learn. However, I consider myself a beginner, with a lot of information, some transmission and want to learn and practice more. In my opinion, this book is very valuable, as it is a quick reference to the practice that I learned earlier. I think people who have some understanding of Tibetan Buddhism can see the book in the same way. For other people who are unfamiliar or have little experience of meditation, I think this is a good introduction to different meditation practices in Buddhism. Although it is based mainly on Tibetan Buddhism, it intersects with other traditions, such as the Theravada tradition. Even Mindfulness quotes in plain English were used, in Theravada tradition. This book is a very good guide on how to practice mindfulness meditation, it is very clear and concise. Explanations in Why Meditate are very simple, and the sweet way of expressing from Mathieu Rickard is conveyed in his words. Watch his TED talk about happiness, it's wonderful. ... more, wherever he is caught, Buddhist monk Mathieu Ricard is asked to explain what meditation is, how it is done and what it can achieve. In this authoritative and inspiring book, he lays out the answers to these questions. Mathieu Rickard shows that the practice of meditation can change our understanding of ourselves and the world around us. He tells us through his theory, spirituality and practical aspects of deep contemplation and illustrates each stage of his teaching by examples. Through his experience as a monk, his close reading of sacred texts, and the deep knowledge of Buddhist masters Mathieu Rickard reveals the significant benefits that meditation, based on selfless love and compassion, can bring to each of us. Us. mathieu ricard the art of meditation pdf. the art of meditation mathieu ricard pdf download. the art of meditation mathieu ricard free pdf

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