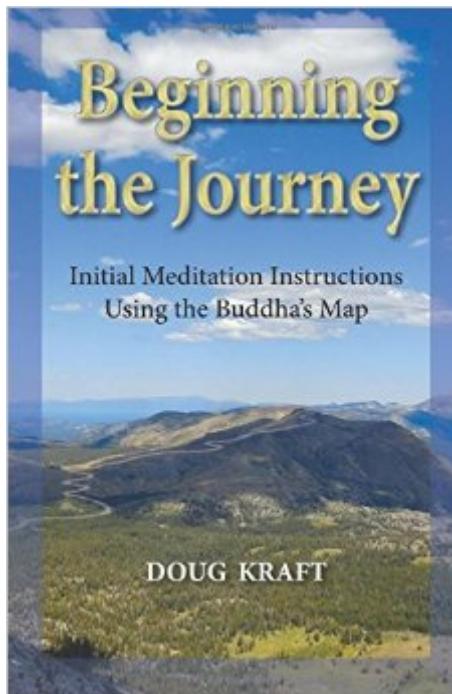


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Beginning The Journey: Initial Meditation Instructions Using The Buddha's Map



Synopsis

This booklet offers the basic meditation instructions described by the Buddha in the earliest records of his talks (as compared to later commentaries on those talks). If you are new to meditation or considering switching to this style, you'll find all you need to get started. If you are practicing this way already, it may help you review and fine-tune your practice. On the other hand, if you are seeking a deeper understanding of how the practice works, descriptions of insights that arise out of it, or ways to modify your meditation as it deepens, those are beyond the scope of this booklet.

Buddha's Map: His Original Teachings on Awakening, Ease, and Insight in the Heart of Meditation provides that information in depth and detail. Breath of Love and Moving Dhamma also offer skillful guidance from my teacher, Bhante Vimalaramsi. The purpose of this booklet is to help you begin walking the Buddha's path of kindness and wisdom.

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