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The New Meditation Handbook: Meditations to make our life happy and meaningful

Geshe Kelsang Gyatso

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This practical guide introduces us to the expansive inner world of meditation through a series of twenty-one meditations which lead us step-by-step to increasingly beneficial states of mind. Together, these meditations form the entire Buddhist path to enlightenment. By following simple meditation instructions, readers can experience the inner tranquility and lightness of mind that comes from meditation- thereby bringing greater happiness to ourself and others. Clear and relevant meditation break practices are revealed, so readers can integrate the meditations into their daily activities.

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