

Meditation Theory And Practice

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amazon: mahayana buddhist meditation: theory and practice (9788120807600): minoru kiyota, elvin w. jones: books

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buddhist meditation in theory and practice original author paravahera vajirañ??a mah?thera new edition revised and edited by allan r. bomhard

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meditation is often helpful in reducing stress, discovering inner resources for peace and mind, healing, creativity and calming of spirit. meditation is not "new age ...

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