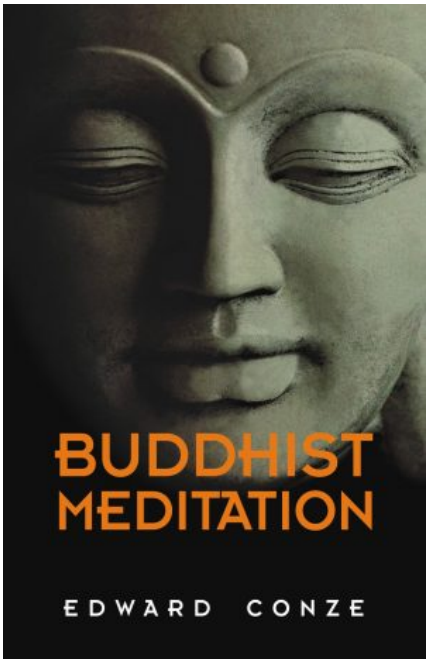
Dev Publishers & Distributors

Buddhist Meditation



About the Book

Meditational practices constitute the very core of the Buddhist approach to life. An intensely practical religion, Buddhism is by contrast inclined to treat doctrinal definitions and historical facts with some degree of unconcern. As prayer in Christianity, so meditation is here the very heartbeat of the religion. Enlightenment, or the state of Nirvana, is, of course, the ultimate aim of Buddhist meditations. On the way to Nirvana they serve to promote spiritual development, to diminish the impact of suffering, to calm the mind and to reveal the true facts of existence. The book discusses all the aspects of Buddhist meditation and emphasizes that even householders can practice meditation and benefit from it.

Author: Edward Conze
Publisher: Dev Publishers & Distributors
Edition: First
Year: 2017
Dimension: 14 x 21 cm
No. of Pages: 182
Weight: 230 gm
ISBN: 9789381406663
Binding: Softcover
Territory: World
Price: Rs 299

Dev Publishers & Distributors

STAY CONNECTED
Second Floor, Prakashdeep 22, Delhi Medical Association Road, Darya Ganj, New Delhi – 110 002
Phone No : +91-11-4357-2647
Email ID : info@devbooks.co.in
Website : devbooks.co.in