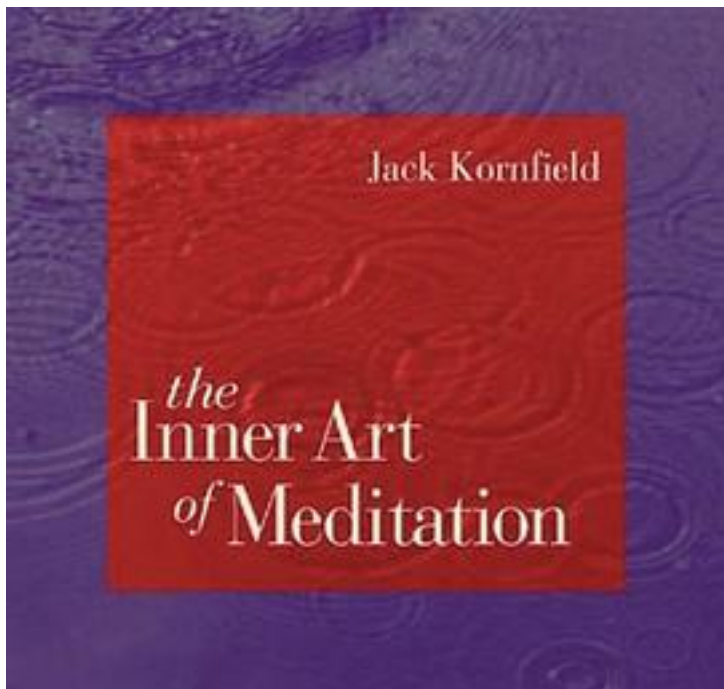


The Inner Art of Meditation



[The Inner Art of Meditation_ 下载链接1](#)

著者:Jack Kornfield

出版者:Sounds True

出版时间:2004-07

装帧:Audio CD

isbn:9781591791447

Meditation is not a means of self-improvement. It is a way of discovering the truth and relating to it with compassion and honesty. Awaken to a richer spiritual life with The Inner Art of Meditation, a comprehensive six-tape study course on vipassana (or "insight") meditation from Jack Kornfield. Of the two major schools of meditation, this is the one that teaches you the art of creating a "foundation of awareness" in your daily life. Zen monks draw from these same principles in their practice.

This is how to become fully "mindful" in your life - aware of your inseparability with all things and fully conscious that your actions in the moment create the patterns in your life. Distilled from a five-week workshop, this complete course offers over eight hours of

intensive, personal instruction from this respected meditation teacher and clinical psychologist.

作者介绍:

目录:

[The Inner Art of Meditation_ 下载链接1](#)

标签

评论

[The Inner Art of Meditation_ 下载链接1](#)

书评

[The Inner Art of Meditation_ 下载链接1](#)