



# **The Little Book of Buddhist Meditation: Establishing a daily meditation practice (The Little Books on Buddhism) (Volume 1)**

*Eric K Van Horn*

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## **The Little Book of Buddhist Meditation: Establishing a daily meditation practice (The Little Books on Buddhism) (Volume 1)** Eric K Van Horn

The Little Book of Buddhist Meditation is designed to help you establish a regular meditation practice. It is based on the Buddha's original teachings. You will be guided step-by-step through establishing a posture, and basic meditation techniques like breath counting, sweeping, the practice of loving-kindness, walking meditation, and the use of "gathas", or short poems. There is also an explanation of chanting and how this can be used to establish the beginning of a sitting, to bring the mind into the present moment, and to reinforce the Buddha's teachings. There is also a description of what to do when problems occur, and how to establish a regular routine. This guide is intended to help you develop a sense of well-being, calm, serenity, and confidence, for a foundation that will serve you for many years to come.

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