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Living Dharma: Teachings and Meditation Instructions from Twelve Theravada Masters

By Kornfield, Jack

Shambhala, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Essential principles of Buddhism are outlined and placed in a modern context. A useful, practical guide to the art of meditation.- Library Journal Jack Kornfield has performed an admirable service by introducing to the Western world a host of accomplished Buddhist teachers from Burma, Thailand, and Southeast Asia. He writes from a wealth of personal experience, describing the various nuances of personal style and particular teachings of a wide range of Buddhist teachers. It is an enjoyable and inspiring spiritual odyssey and is highly recommended for both the beginner and for the seasoned meditator.- Yoga Journal.



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