

**THE PURPOSE AND PRACTICE OF BUDDHIST
MEDITATION: A SOURCE BOOK OF TEACHINGS**

Maye Nealy

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According to Henrik H. Brand new book, sourced directly from publisher.

Condition: New. The Suttapitaka and the Agamas describe four rupa-jhanas. Outline Glossary Index. Not only is nothing carried over from one life to the next; nothing is carried over from one moment to the .

A selection of verses from the book 'Experience of Insight' by Joseph Goldstein are some words in the English vocabulary which we can never hope to substitute perfectly.