



Meditation for Beginners

By Jack Kornfield Ph.D.

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Have you ever thought about trying meditation, but didn't know how to get started? With *Meditation for Beginners*, trusted teacher Jack Kornfield shows you how simple it is to start—and stick with—a daily meditation practice.

“Insight” or vipassana meditation is the time-honored skill of calming the spirit and clearing the mind for higher understanding. Now, in this course created especially for beginners, Kornfield offers a straightforward, step-by-step method for bringing meditation into your life.

Using the meditations included in this book, you will discover how easy it is to use your breath, physical sensations—and even difficult emotions—to create tranquility and lovingkindness in your everyday life. These simple, elegant practices are so easy to learn that you will begin enjoying the benefits immediately—while laying the foundation for a lifetime of inner discovery and awakening.

“With humor and insight, Jack Kornfield patiently explains the Buddhist way to bring deep spirituality into your everyday life.”
—TRICYCLE magazine

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Excerpt:

Meditation for Beginners offers the central trainings and teachings found in the best Buddhist monasteries translated for Western society. In Meditation for Beginnings, you will find some of the simplest and most universal of the practices of meditation—in particular, the practices of mindfulness and lovingkindness.

The point of these teachings has nothing to do with becoming a Buddhist, or learning any Eastern ceremonies or rituals or bowing. The point is that you learn how to work with meditation in order to find benefits from it in your life. When we take time to quiet ourselves, we can all sense that our lives could be lived with greater compassion and greater wakefulness. To meditate is to support this inner potential and allow it to come forth into our lives.

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Editorial Review

Review

"With humor and insight, Jack Kornfield patiently explains the Buddhist way to bring deep spirituality into your everyday life."

—TRICYCLE

"It's encouraging to find Westerners who've sufficiently assimilated the traditions of the East to be able to share them with others as Jack is doing"

—HH the Dalai Lama

"Jack Kornfield is a remarkable and thoughtful teacher"

—Sogyal Rinpoche

From the Publisher

According to a recent Time magazine cover feature about meditation, ten million American adults say they practice some form of meditation regularly.

About the Author

Jack Kornfield

Jack Kornfield, PhD, trained as a Buddhist monk in Thailand, Burma, and India and has been teaching meditation internationally since 1974. He is one of the key teachers to introduce mindfulness practices to the West. He co-founded the Insight Meditation Society in Barre, Massachusetts and founded the Spirit Rock Center in Woodacre California. He holds a PhD in clinical psychology and has taught in centers and universities worldwide. Jack has led International Buddhist Teacher meetings with the Dalai Lama, worked with many of the great teachers of our time, and is a father and activist. He is co-creator of the *Awareness Training Institute* and has written more than a dozen books, including *Meditation for Beginners*; *A Path With Heart*; *After the Ecstasy, the Laundry*; and more.

Users Review

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