



Sitting Meditation in Won Buddhism: Digging to the Roots (Paperback)

By Serge V Yarovoi

Balboa Press, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The practitioners of any meditation system, including those of Buddhist meditation, have a variety of contemplative practices to choose from. From those unlimited techniques and methods, informed and thoughtful practitioners can find their own approaches, depending on their level of understanding and eagerness, personal inclinations and preferences, and lifestyle and life goals. Digging to the roots of the instructions for sitting meditation in Korean Won Buddhism, the author presents various meditation practices on which the robust approach of the instructions for meditation in Won Buddhism is based.



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Reviews

This published publication is wonderful. Of course, it is actually engage in, still an interesting and amazing literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Vickie Wolff**

I just started off reading this article publication. This really is for all who statte there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).

-- **Prof. Jeremie Kozey**