



## Compassion and Emptiness in Early Buddhist Meditation (Paperback)

By Analayo

Windhorse Publications, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. Analayo outlines how to meditate on emptiness, according to early Buddhism. His presentation is geared to practical concerns, something that the reader can put into practice when sitting on the cushion, with an appendix giving a translation of the key discourses from the Pali and Chinese. This brings out an aspect of early Buddhism so far fairly neglected, providing an important perspective on emptiness as a form of meditation in relation to later developments, and is a practical companion to his bestselling book: Satipatthana.



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