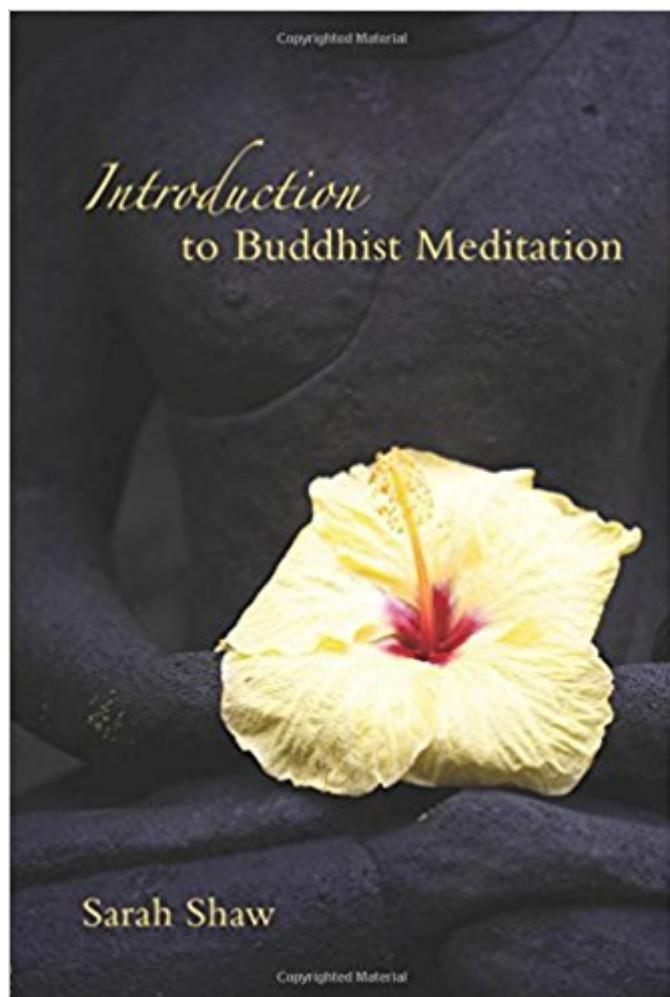The book was found

Introduction To Buddhist Meditation

Introduction
to Buddhist Meditation

Sarah Shaw

Synopsis

Sarah ShawÃ¢ ¬â„¢s lively introduction to Buddhist meditation offers students and practitioners alike a deeper understanding of what meditation is, and its purpose and place in the context of different Buddhist schools. She describes the historical background to the geographical spread of Buddhism, and examines the way in which some meditative practices developed as this process occurred. Other chapters cover basic meditative practice, types of meditation, meditation in different regions, meditation and doctrine, and the role of chanting within meditation. Although not a practical guide, An Introduction to Buddhist MeditationÃ Â outlines the procedures associated with Buddhist practices and suggests appropriate activities, useful both for students and interested Buddhists. Vivid quotations from Buddhist texts and carefully selected photographs and diagrams help the reader engage fully with this fascinating subject.

Book Information

Paperback: 320 pages

Publisher: Routledge; 1 edition (October 15, 2008)

Language: English

ISBN-10: 0415409004

ISBN-13: 978-0415409001

Product Dimensions: 6.1 x 0.7 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 2.9 out of 5 stars   2 customer reviews

Best Sellers Rank: #510,722 in Books (See Top 100 in Books)   #93 inÃ Â Books > Textbooks > Humanities > Religious Studies > Buddhism   #562 inÃ Â Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice   #1277 inÃ Â Books > Christian Books & Bibles > Worship & Devotion > Meditations

Customer Reviews

'A thoughtful overview and introduction to the range of methods and traditions of Buddhist meditation across Asia, from mindfulness of breathing to visualisation, koan and chanting practices. A particular strength is that it shows how meditative qualities are extended into daily life through devotional, ritual and artistic practices, which then in turn give nurturing roots for more archetypally meditative practices.'Ã Â Ã¢ ¬â œ Peter Harvey, University of Sunderland, UK,Ã Â and editor of the Buddhist Studies Review journal.

Sarah Shaw teaches for the Oxford University Department for Continuing Education and practises with the Samatha Association of Britain. She is theÃ Â translator of Buddhist Meditation: An Anthology of Texts from the Pali Canon (Routledge 2006). Georgios Halkias is Visiting Associate Researcher in the Faculty of Oriental Studies,Ã Â University of Oxford.

very nice as one of the few books to give a more academic treatment and overarching look at the great variety of meditation practices within Buddhisms around the world. Sometimes it seems to border on an academic book that wants to be a more popular book or vice versa. I felt there was some lack in consistency in the voice and intended audience of the book, thus keeping it from 5 stars. There are also some questionable points and generalizations, but that is very forgivable in a book that tries to cover so much ground. A very solid addition to an area which is not treated enough with an academic lens ... but, fyi, if you are simply looking to start a meditation practice, probably not the right book for you.

This book has sooooo many typos. Like, a lot of typos.

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