



Pure Meditation (v. 3)

Pema Chödrön

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For 1,300 years, Tibetans have been practicing *shamatha-vipashyana* (peaceful dwelling-insight), a profound form of meditation that illuminates and purifies the obstacles to spiritual realization. Tibetan Buddhists today regard shamatha-vipashyana as both the fundamental and the most advanced spiritual practice of all.<?xml:namespace prefix = "o" ns = "urn:schemas-microsoft-com:office:office" />

On *Pure Meditation*, Pema Chödrön takes you step-by-step through this timeless and elegant meditative form. You will learn the posture that helps you relax your mind, how to use your own breath as a reminder to return to the present moment, and what to do with the many thoughts and emotions that arise during your meditation sessions.

A straightforward, authoritative resource for students at all levels, *Pure Meditation* is a definitive guide to the authentic Tibetan Buddhist meditation that has brought its practitioners relaxation, peace of mind, and deeper awareness for hundreds of years.

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