

## **Living Dharma Teachings And Meditation Instructions From Twelve Theravada Masters By Jack Kornfield Ram Dass Chogyam Trungpa**

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?Jack Kornfield has performed an admirable service by introducing to the Western world a host of accomplished Buddhist teachers from Burma, Thailand, and Southeast Asia. He writes from a wealth of personal experience, describing the various nuances of personal style and particular teachings of a wide range of Buddhist teachers. It is an enjoyable and inspiring spiritual odyssey and is highly recommended for both the beginner and for the seasoned meditator.??Yoga Journal Über den Autor und weitere Mitwirkende Jack Kornfield is one of the key teachers to have brought Buddhist mindfulness practice to the West. He is the cofounder of the Insight Meditation Society in Barre, Massachusetts, and Spirit Rock Meditation Center in Woodacre, California. His books include After the Ecstasy, the Laundry; The Art of Forgiveness, Lovingkindness, and Peace; Meditation for Beginners; and The Wise Heart."

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