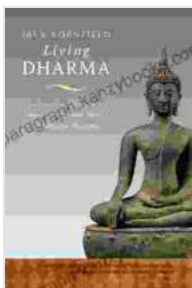


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Living Dharma: Teachings and Meditation Instructions from Twelve Theravada Masters by Matthieu Ricard

★★★★☆ 4.6 out of 5

Language : English
File size : 3125 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 338 pages

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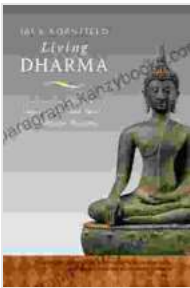
Embark on this enriching journey today and discover the profound teachings and meditation practices that have guided countless individuals on the path to enlightenment. "Teachings and Meditation Instructions from Twelve Theravada Masters" is an indispensable companion for anyone seeking to deepen their spiritual understanding and cultivate inner peace and happiness.

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****Alt attributes for images:****

* A serene monk meditating in a forest, symbolizing the tranquility and insight of Theravada Buddhism. * A group of students listening attentively to a Theravada master, representing the transmission of wisdom and teachings. * A close-up of a meditation practitioner with closed eyes, focusing on the present moment and cultivating mindfulness. * A collection of ancient Buddhist scriptures, embodying the rich history and tradition of Theravada Buddhism. * A panoramic view of a Buddhist temple surrounded by lush greenery, evoking a sense of peace and spiritual refuge.



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