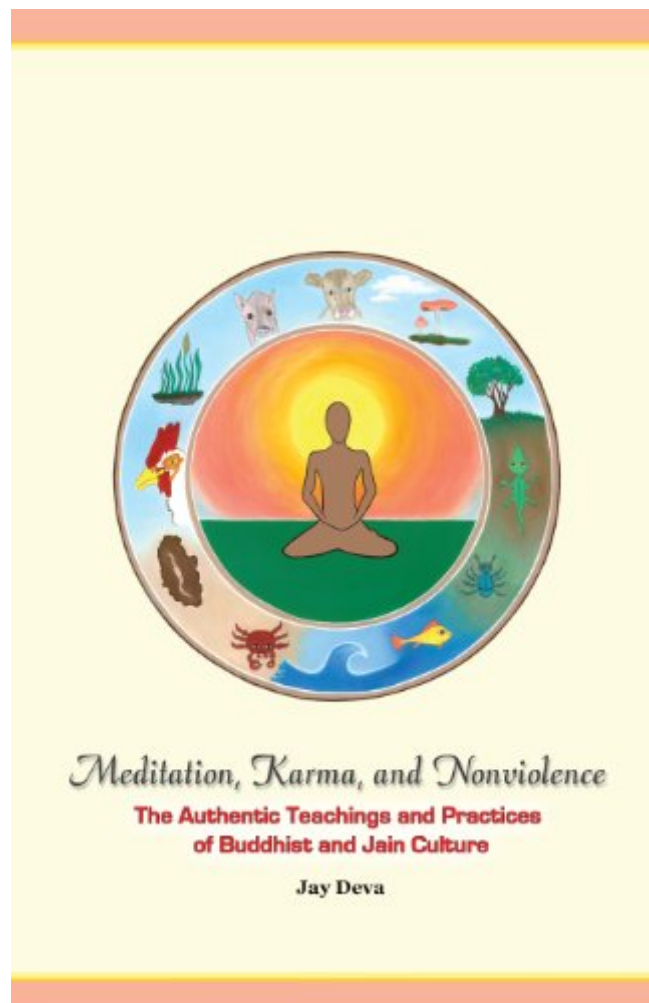


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Meditation, Karma, And Nonviolence: The Authentic Teachings And Practices Of Buddhist And Jain Culture



Synopsis

Meditation, Karma, and Nonviolence: The Authentic Teachings and Practices of Buddhist and Jain Culture
An ancient culture of enlightenment, Which informed the Buddhist and Jain Traditions. A rich inheritance of knowledge from the archives of human ancestry. An initiation into subtle understandings: The elusive essence of equanimity; The calm clarity of meditation; The consciousness of our Oneness with all life forms. Our karmic relationship with all fellow beings. The philosophy of nonviolence, kindness, and gentleness; The practical traditions of non-harming conduct; And many insights and customs of the culture. Authentic knowledge artistically interspersed With abundant illustrations and occasional poetry. To further hint at the delicate, harmonious quality Carefully encoded here, in wood and ink. Ch 1: Meditation - Concepts & Knowledge Ch 2: Meditation - Technique & Instruction Ch 3: Oneness Ch 4: Karma Ch 5: Karmic Conduct Ch 6: Culture and Practices

Book Information

File Size: 759 KB

Print Length: 158 pages

Simultaneous Device Usage: Unlimited

Publisher: Wilson Publishing (December 3, 2012)

Publication Date: December 3, 2012

Sold by:Â Digital Services LLC

Language: English

ASIN: B00AHZGN6S

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #1,438,906 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #52

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Other Eastern Religions & Sacred Texts

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Karma

Customer Reviews

His artwork & poetry are child like & wise. I really enjoy the simple insightful truths that Jay Deva portrays in his writings, and yet simultaneously find the practices inspiring, delightful, and right on point for what the Universe needs now~ Universality Perception~ free of judgement & full of evolution's peace Christa Luv

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