



# Living Dharma: Teachings and Meditation Instructions from Twelve Theravada Masters

*Jack Kornfield*

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## **Living Dharma: Teachings and Meditation Instructions from Twelve Theravada Masters** Jack Kornfield

In this book, Jack Kornfield presents the heart of Buddhist practice as taught by twelve highly respected masters from Southeast Asia. These renowned teachers offer a rich variety of meditation techniques: the practices include traditional instructions for dissolving the solid sense of self, for awakening insight, for realizing Nirvana, and for cultivating compassion for all beings.

Jack Kornfield's first three chapters give an overview of Buddhist philosophy and, specifically, the meditation practices of Burma, Thailand, and Laos. The teachings in this volume are from Achaan Chaa, Mahasi Sayadaw, Sunlun Sayadaw, Achaan Buddhadasa, Achaan Naeb, Achaan Maha Boowa, Tuangpulu Sayadaw, Mohnyin Sayadaw, Mogok Sayadaw, U Ba Khin, Achaan Dhammadaro, and Achaan Jumnien.

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