



Buddha Meditations: The Art of Letting Go

By Lisa T.E. Sonne

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In an easy-to-understand and succinct style, this accessible guide presents gems of Buddhist wisdom that have helped people of various faiths find greater peace and happiness. Now Buddha's teachings can help you discover your best path in life and let go of what's causing you to feel dissatisfied.

The first part of this book introduces six Buddhist principles and paths, as well as familiarizes you with a variety of tools for letting go. Learn how your own breathing can help you relax, start a meditation practice, and develop mindfulness, a key aspect of meditation as well as a useful means for anyone to better interact with their daily life. You'll also find clear information on meditational art exercises, from floral arranging to Chinese brush-stroke painting, from making a rock garden to writing haiku poems. The parables included at the end of this section are offered as prompts for self-discovery.

The second part consists of a selection of Buddhist wisdom and advice, collected by various people, from *The Dhammapada*—the ancient Buddhist masterpiece—and from revered figures of the past, evolved leaders in Buddhism today, and Western contemporaries who practice Buddhism.

Let *Buddha Meditations* help you access the answers and happiness inside you.

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