



## Meditation: A Guide to Greater Happiness Through Loving Kindness (Paperback)

By Chanul Bashi

Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Loving kindness, all encompassing compassion, is of greater importance today than ever before, because people s minds are filled with hatred, ill will and jealousy. The world is developed by war and strife, fear and panic. Human beings have become charged with inhumanity and reached a stage where mere sight is loathsome to each other. The chief cause of this could be attributed to the fact that, love, kindness and compassion have slipped away from their minds. Loving kindness is a unique aspect of the Buddha s teaching. Most often people from the Western world begin to learn about his teachings through meditation on this special feature of loving kindness. The training of the mind based on loving kindness is loving kindness mediation. The practice of this mental exercise and its benefits are described lucidly in this little e-book. This little booklet would be of immense help to all those who wish to develop thoughts of loving kindness and compassion to all beings.



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