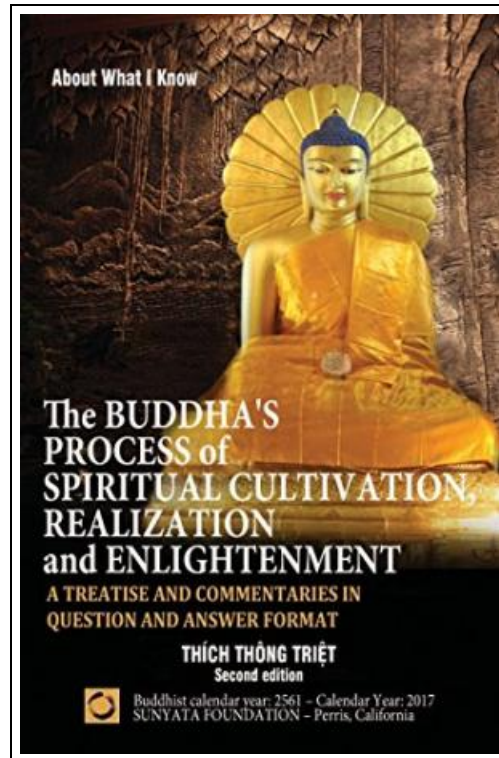


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Sunyata Foundation, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book aims at all those who wish to understand Buddhist meditation and practice it to reap its transformative benefits: physical and mental wellbeing, long lasting peace, becoming a better person, harmonious relationships, new objective perspective on life, development of loving kindness, compassion, equanimity, and spiritual wisdom. The story of the Buddha's spiritual journey has been told many times, first by the Buddha himself, and translated into many languages. In this book, Zen Master Thich Thong Triet stayed close to the original Pali suttas but also drew extensively on his personal experience of attaining the four levels of samadhi described by the Buddha to explain to meditation students in clear and modern language how the Buddha practiced and attained the ultimate enlightenment. Meditation students will find invaluable lessons and guidance that remain very relevant today. The Buddha's spiritual journey started when he made the momentous decision to leave behind the princely life full of pleasure and luxury to seek the spiritual path. He reached this decision after witnessing the specter of aging, sickness and death from which no human being can escape once born. He was determined to go on a quest to save himself and his fellow humans from this inevitability. This was his first awakening: the spiritual path is the only way to free oneself and others from suffering. The Buddha's initial search for teachers led him to two famous teachers who taught him methods to use the mind to control the mind. He quickly mastered these methods but found that they do not help him meet his ultimate goals of awakening his spiritual wisdom and achieving freedom from birth, aging, sickness and death. This was his second awakening:...

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