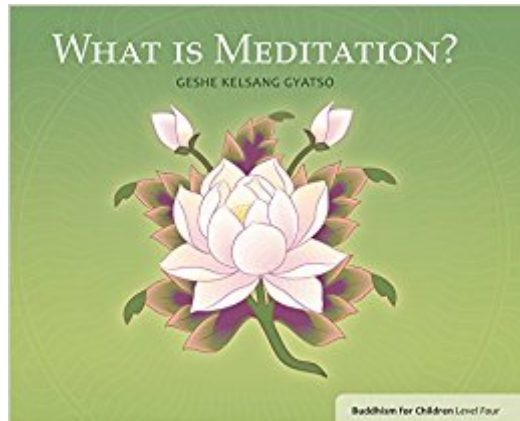


The book was found

# What Is Meditation?: Buddhism For Children Level 4



## Synopsis

We know from our own experience that when our mind is peaceful we are happy all the time, even if our external conditions are poor, but when our mind is not peaceful we are not happy, even if our external conditions are excellent. The method to make our mind peaceful is training in meditation. This book explains a simple breathing meditation suitable for all ages and briefly introduces more advanced forms of meditation. This is the fourth book in the Buddhism for Children series. The Buddhism for Children series invites children to make a journey of self-discovery and self-improvement to help them realize their full potential. The series aims to show how everyone, Buddhist and non-Buddhist, can learn something from the teachings of Buddha. The Buddhism for Children series consists of 4 levels ranging from ages 4 to 10 and over.

## Book Information

Series: Buddhism for Children

Paperback: 32 pages

Publisher: Tharpa Publications (July 31, 2013)

Language: English

ISBN-10: 1616060247

ISBN-13: 978-1616060244

Product Dimensions: 7.4 x 0.3 x 8 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #1,802,562 in Books (See Top 100 in Books) #43 in Books > Children's Books > Religions > Buddhism #104 in Books > Children's Books > Religions > Eastern #129 in Books > Children's Books > Education & Reference > Philosophy

Age Range: 10 - 13 years

Grade Level: 4 - 7

## Customer Reviews

• Geshe Kelsang Gyatso illuminates the very heart of Buddhist thought and practice. •

• "Booklist • Geshe Kelsang Gyatso has proven to be a popular and accessible authority •

• "Library Journal

Geshe Kelsang Gyatso, or Geshe-la as he is affectionately known by his students, is a world-renowned Buddhist meditation master who has pioneered the introduction of modern

Buddhism into contemporary society. Through his personal example and his public teachings and writings he demonstrates how everyone, whether Buddhist or non-Buddhist, can learn to become wiser and more compassionate by following the advice of Buddha.

Nice quality!

[Download to continue reading...](#)

Buddhism: Beginner's Guide to Understanding The Essence of True Enlightenment (Buddhism, Buddhism Beginners, Buddhist Books, Buddhism Books, Zen Buddhism Book 1) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism For Beginners, Buddha, Zen Buddhism, Meditation for Beginners) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Zen, Inner Peace, Dalai Lama Book 1) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Zen Buddhism: How Zen Buddhism Can Create A Life of Peace, Happiness and Inspiration (Zen Buddhism for Beginners, Zen, Zen Books) What is Buddhism?: Buddhism for Children Level 3 BUDDHISM: for Beginners! From Dummies to Expert. Beginners Guide for Learning the Basics of Buddhism (Zen, Meditation, Dalai Lama, Yoga, Buddha, Dharma, Happiness) Buddhist Quotes: Meditation, Happiness, Inner Peace.: Spirituality and Buddhism: Bouddha, Zen, Thich Nhat Hanh, Dalañ -Lamañ | (Buddhism, Bouddha, Buddhist ... & Spirituality, Dalañ Lama, Zen. Book 1) The Birth of Insight: Meditation, Modern Buddhism, and the Burmese Monk Ledi Sayadaw (Buddhism and Modernity) What is Meditation?: Buddhism for Children Level 4 Zen: The Beginners Guide on How to Practice Zen Everywhere by Incorporating Meditation Into Your Life (Buddhism - Improve Your Daily Life with Happiness and Inner Peace Using Meditation) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Zen: Beginner's Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Burning for the Buddha:

Self-Immolation in Chinese Buddhism (Kuroda Studies in East Asian Buddhism) Buddhism After Patriarchy: A Feminist History, Analysis, and Reconstruction of Buddhism Tsung Mi and the Sinification of Buddhism (Kuroda Studies in East Asian Buddhism) 5 BOOKS ON HINDUISM AND BUDDHISM. THE ESSENCE OF BUDDHISM, THE LIGHT OF ASIA, HINDU LITERATURE, THE SONG CELESTIAL OR BHAGAVAD-GITA, INDIAN POETRY (Timeless Wisdom Collection Book 4750)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)