



# An Introduction To Meditation

*Namgyal Rimpoche*

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# An Introduction To Meditation

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## An Introduction To Meditation Namgyal Rimpoche

This invaluable eBook contains practical guidance given to students by the Venerable Namgyal Rimpoche during an intensive, three-month meditation retreat held at Lake Rotoiti on the South Island of New Zealand in the southern winter of 1973.

Compiled and edited from notes taken at the time, Namgyal Rimpoche's instructions are vital reading for anyone currently practicing or beginning meditation.

The book briefly outlines meditation theory and gives practical advice on the correct approach to meditation preparation, practice, and review, with special emphasis on Tibetan Buddhist visualisation practice.

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