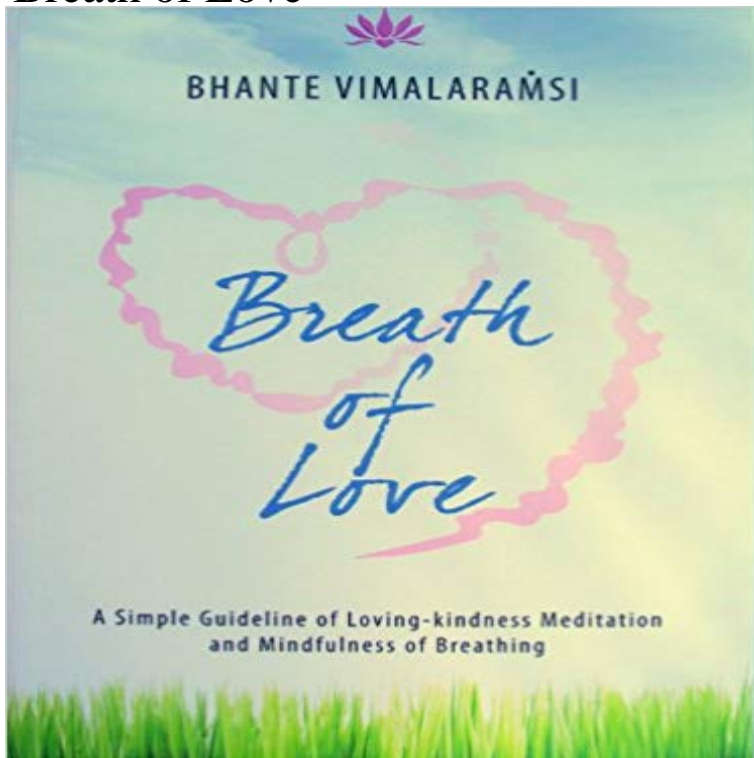


Breath of Love



Bhante Vimalaramsi became a Buddhist monk in 1986 because of his keen interest in meditation. He went to Burma in 1988 to practice intensive meditation. He came back to the U.S. in 1998 and has been teaching meditation through out the country. This book is what Bhante has found after 37 years of meditation. After completing the course in Burma he felt it was not It. He felt that craving still existed and that something was missing. It was suggested by a monk in Sri Lanka that he go back to the direct teachings of the Buddha as written in the Nikayas and use ONLY that material to do the meditation and see if it led to what the Buddha indicated was possible. He did do that and took a copy of the Majjhima Nikaya by Bhikkhu Bodhi and went to a cave in Thailand and spent 3 months together with a cobra as company, and practiced just what what was written there. He found a step in the meditation that had been left out by other teachers. This book is about the practice with this added step and what happens. He found that it works and it does eliminate Craving. And it happens if you follow exactly what is in the Suttas. The book has full instructions on Lovingkindness, the Breath and Forgiveness. He explains how to do them using the Anapanasati Sutta as a guide and backs up everything he says with the actual text. Read this book and try this practice and you may just find a technique that really leads you to the supreme truth of Nibbana.

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