



Study And Practice Of Meditation: Tibetan Interpretations Of The Concentrations And Formless Absorptions

Leah Zahler

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Study and Practice of Meditation gives a vivid and detailed account of the meditative practices necessary to develop a calm, alert mind that is capable of penetrating the depths of reality. The Buddhist meditative states known as the concentrations and formless absorptions are best known in the West from Theravada scriptures and from Vasubandhu's *Treasury of Manifest Knowledge*. In this book the reader is exposed to Tibetan Buddhist views on the mental states attained through meditation as described by three contemporary Tibetan lamas. The book discusses the ways in which certain meditative states act as bases of the spiritual path as well as the nature of meditative calm and the prerequisites for cultivating and attaining it. In addition to reviewing and translating Tibetan sources, the author considers their major Indian antecedents and draws comparisons with Theravadin presentations.

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