



Calming The Mind: Tibetan Buddhist Teachings On The Cultivation Of Meditative Quiescence

Gen Lamrimpa

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To stabilize the mind in one-pointed concentration is the basis of all forms of meditation. Gen Lamrimpa was a meditation master who lived in a meditation hut in Dharamsala and who had been called to teach by the Dalai Lama. He leads the meditator step-by-step through the stages of meditation and past the many obstacles that arise along the way. He discusses the qualities of mind that represent each of nine levels of attainment and the six mental powers.

This book was previously titled *Shamatha Meditation*.

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