



Beginner's Mind: Three Classic Meditation Practices Especially for Beginners

Jack Kornfield, Sharon Salzberg, Shinzen Young

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Three leading voices in American Buddhism come together to teach the secret of meditation practice, which involves opening the mind to receive all possibilities. Kornfield covers the basics for beginners. Sharon Salzberg teaches "metta," the classic meditation of using love to heal. And Shinzen Young teaches listeners how to enter the zone, a peak state of consciousness.

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