



# Calming the Mind: Tibetan Buddhist Teachings on the Cultivation of Meditative Quiescence

By 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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#### Review

"It is Gen Lamrimpa's familiarity with meditation on a deep experiential level that makes his teachings so valuable and this a book to be recommended."—*Tibetan Review*

"*Calming the Mind* provides very practical and experientially grounded teachings. Gen Lamrimpa excels in very straightforward explanations."—*Tibet Journal*

"A step-by-step instruction manual on how to calm a busy mind, cultivate devotion, and bring awareness into each moment of living."—John Tighe, Department of Philosophy and Religious Studies, Daemen College

#### About the Author

Gen Lamrimpa, born in Tibet in 1934, spent most of his life in meditative retreat in Dharamsala, India. He is the author of *Calming the Mind*, one of the clearest books in English on shamatha meditation.

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