



## Buddhism: A Beginner's Guide to Inner Peace and Fulfillment

By Jack Kornfield

SOUNDS TRUE INC, United States, 2010. CD-Audio. Condition: New. Reprint. Language: English . Brand New. Trusted Teacher Jack Kornfield Presents a Beginner's Guide to Buddhist Philosophy and Practice The teachings of Buddhism offer us a practical way to achieve the inner peace, fulfillment, and happiness that we all want. Buddhism is an informative yet compact audio guide with celebrated teacher Jack Kornfield. In one liberating CD-session, you will hear the story of Siddhartha's enlightenment under the Bodhi Tree, the core wisdom of the Four Noble Truths and the Eightfold Path, and essentials of Buddhism's many branches and practices. Then Jack Kornfield leads two traditional guided meditations, Mindfulness and Lovingkindness, to help you awaken the heart and live fully and compassionately in the moment. Previously released as The Beginner's Guide to Buddhism. Course objectives: Demonstrate familiarity with the life of the Buddha Siddhartha Gautama Apply knowledge of the Four Noble Truths and the Buddha's Eightfold Path to enlightenment Practice the technique of mindfulness meditation Plan to use the practice of lovingkindness meditation.



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