

MEDITATION

The Buddhist Way

Written and read by **Jinananda**

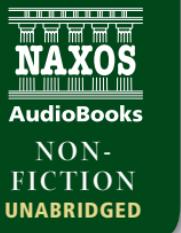
Jinananda has been teaching Buddhist meditation for 20 years. On this recording, he introduces two traditional practices which help develop clarity, calmness and positivity, and reflects on the deeper significance of meditation – all with the greatest good humour and in his own unique style. Accessible and thought-provoking, this audiobook tells you how to get started with meditation and keep going through the ups and downs of everyday life. Realistic, witty and very inspiring.

On the fourth CD, Jinananda leads you through two meditations, The Mindfulness of Breathing and The Development of Loving Kindness.



Jinananda was born in Bedford, England. He has written *The Middle Way – The Story of Buddhism* and *Karma and Rebirth – In a Nutshell* for Naxos AudioBooks. He has taught meditation and Buddhism since 1987 and has been the Chairman of the West London Buddhist Centre since 2005.

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