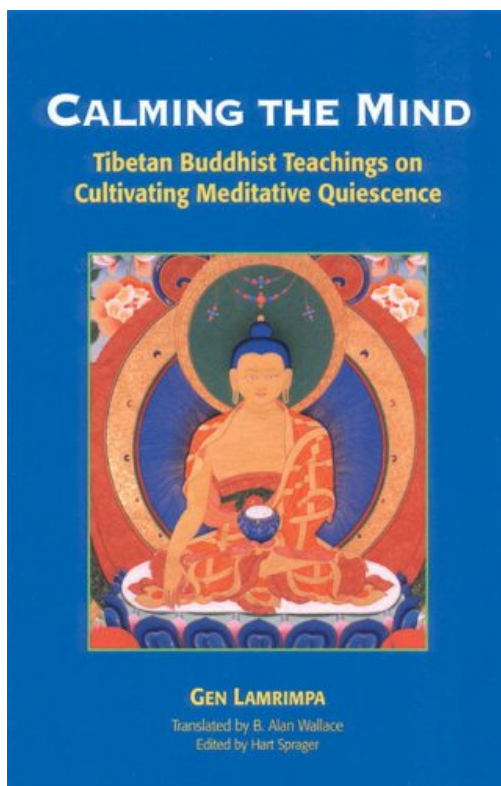


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# CALMING THE MIND

Tibetan Buddhist Teachings on  
Cultivating Meditative Quiescence



**GEN LAMRIMPA**

Translated by B. Alan Wallace  
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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 Tigue, 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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