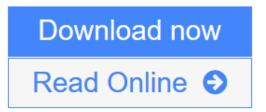


Practicing the Jhanas: Traditional Concentration Meditation as Presented by the Venerable Pa Auk Sayadaw

Stephen Snyder, Tina Rasmussen



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This is a clear andin-depth presentation of the traditional Theravadin concentration meditationknown as jh?na practice, from two authors who have practiced the jh?nas inretreat under the guidance of one of the great living meditation masters, PaAuk Sayadaw. The authors describe the techniques and their results, based ontheir own experience.



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