



# **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 and in-depth presentation of the traditional Theravadin concentration meditation known as jhāna practice, from two authors who have practiced the jhānas in retreat under the guidance of one of the great living meditation masters, Pa Auk Sayadaw. The authors describe the techniques and their results, based on their own experience.



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