



The Heart (Paperback)

By Vessantara

Windhorse Publications, United Kingdom, 2007. Paperback. Book Condition: New. 172 x 110 mm. Language: English . Brand New Book. Explore the potential of your heart and discover a warmer, more loving you. The second in this Art of Meditation series by Western Buddhist meditation teacher Vessantara after *The Breath*, this book shows us how cultivating more warmth, more kindness, and more happiness is possible for all of us. Through the loving-kindness meditation, the gentle and encouraging approach of the author helps us to discover the positive wonder of what is already in our hearts. Accessible for those new to or experienced in meditation as well as teachers, this book provides clear instruction with suggestions for integrating meditation and what we can learn from it into our lives.



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