



How To Practice Shamatha Meditation: The Cultivation Of Meditative Quiescence

Gen Lamrimpa

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In 1988, Gen Lamrimpa, a Tibetan monk, led a one-year retreat in the Pacific Northwest, during which a group of Western meditators devoted themselves to the practice of meditative quiescence (*shamatha*). This book is a record of the oral teachings he gave to this group at the outset of the retreat. The teachings are brought to life by Gen Lamrimpa's warmth, humor, and extensive personal experience as a contemplative recluse. An invaluable practical guide for those seeking to develop greater attentional stability and clarity, this work will be of considerable interest to meditators, psychologists, and all others who are concerned with the potentials of the human mind.

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