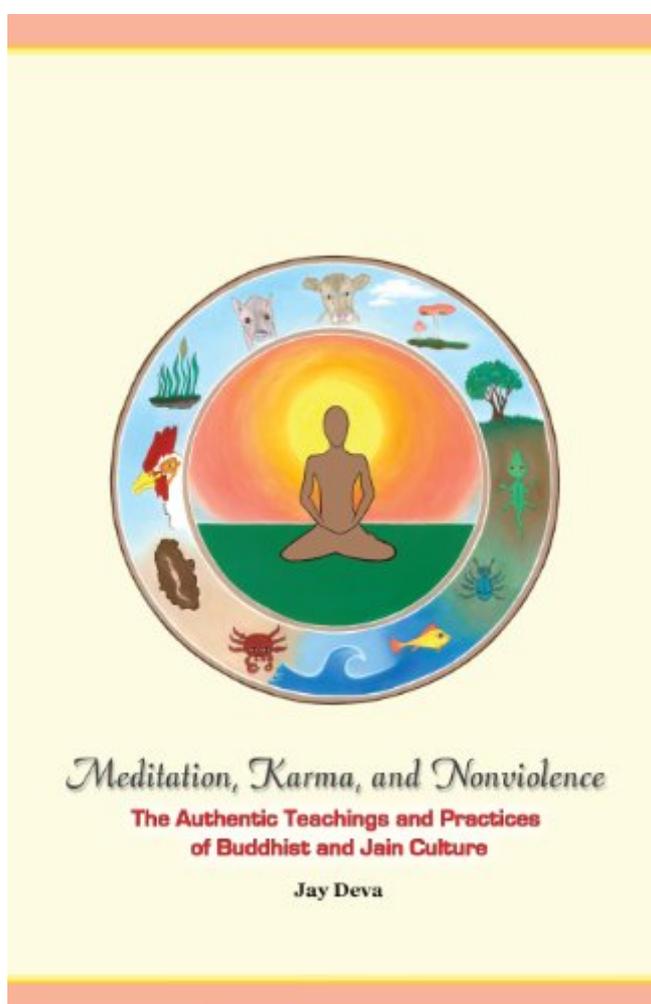


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# Meditation, Karma, And Nonviolence: The Authentic Teachings And Practices Of Buddhist And Jain Culture



## Synopsis

Meditation, Karma, and Nonviolence: The Authentic Teachings and Practices of Buddhist and Jain Culture An ancient culture of enlightenment, Which informed the Buddhist and Jain Traditions. A rich inheritance of knowledge from the archives of human ancestry. An initiation into subtle understandings: The elusive essence of equanimity; The calm clarity of meditation; The consciousness of our Oneness with all life forms. Our karmic relationship with all fellow beings. The philosophy of nonviolence, kindness, and gentleness; The practical traditions of non-harming conduct; And many insights and customs of the culture. Authentic knowledge artistically interspersed With abundant illustrations and occasional poetry. To further hint at the delicate, harmonious quality Carefully encoded here, in wood and ink. Ch 1: Meditation - Concepts & Knowledge Ch 2: Meditation - Technique & Instruction Ch 3: Oneness Ch 4: Karma Ch 5: Karmic Conduct Ch 6: Culture and Practices

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Karma

## Customer Reviews

His artwork & poetry are child like & wise. I really enjoy the simple insightful truths that Jay Deva portrays in his writings, and yet simultaneously find the practices inspiring, delightful, and right on point for what the Universe needs now~ Universality Perception~ free of judgement & full of evolution's peace Christa Luv

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