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This book is for people who enjoy reading about Buddhism and trying to put into practice its teachings. Guy Armstrong tackles the concept of emptiness from many different angles, and the meditation practices he suggests are very helpful in getting a better handle on emptiness.

Emptiness: A Practical Guide for Meditators by Guy Armstrong

practical guide to emptiness for the meditator. It may seem odd for emptiness to serve as the central philosophy of a major religion. In fact, emptiness points to something quite different than "nothingness" or "vacancy." And by developing a richer understanding of this complex topic, we can

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following the Progressive stages of Meditation on Emptiness one should listen to, reflect on and meditate on

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