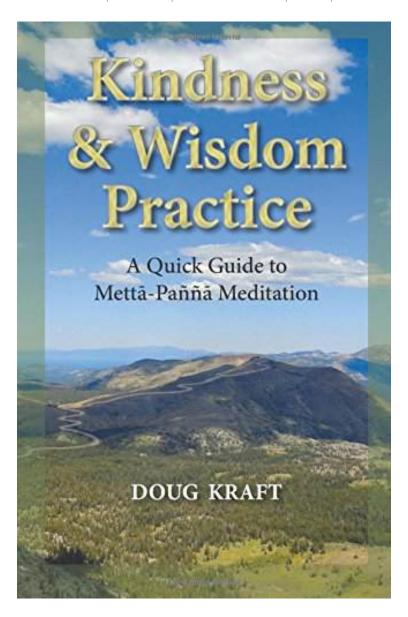
Kindness & Wisdom Practice: A Quick Guide to Metta-Panna Meditation

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0 of 0 review helpful Excellent By Jerry G I enjoyed it very much It was a quick read easy to understand and provided insightful information Metta panna literally means kindness and wisdom Without kindness there is no wisdom Without wisdom there is no kindness They are deeply integrated qualities Metta panna also points to two interdependent and highly effective meditation practices which the Buddha taught according to the earliest texts This small book gives an overview of metta panna meditation and introduces each jhana As one rsquo s practice unfolds the Buddha rsquo s instructions shift to take adv About the Author Doug Kraft author of Buddha rsquo s Map His Original Teachings on Awakening Ease and Insight in the Heart of Meditation is a psychotherapist Unitarian Universalist minister and long time student and teacher of many methods of meditation

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