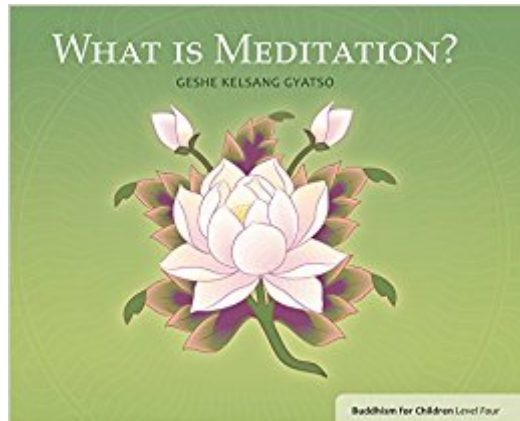


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# What Is Meditation?: Buddhism For Children Level 4



## Synopsis

We know from our own experience that when our mind is peaceful we are happy all the time, even if our external conditions are poor, but when our mind is not peaceful we are not happy, even if our external conditions are excellent. The method to make our mind peaceful is training in meditation. This book explains a simple breathing meditation suitable for all ages and briefly introduces more advanced forms of meditation. This is the fourth book in the Buddhism for Children series. The Buddhism for Children series invites children to make a journey of self-discovery and self-improvement to help them realize their full potential. The series aims to show how everyone, Buddhist and non-Buddhist, can learn something from the teachings of Buddha. The Buddhism for Children series consists of 4 levels ranging from ages 4 to 10 and over.

## Book Information

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Age Range: 10 - 13 years

Grade Level: 4 - 7

## Customer Reviews

“Geshe Kelsang Gyatso illuminates the very heart of Buddhist thought and practice.”  
“Geshe Kelsang Gyatso has proven to be a popular and accessible authority.”  
Library Journal

Geshe Kelsang Gyatso, or Geshe-la as he is affectionately known by his students, is a world-renowned Buddhist meditation master who has pioneered the introduction of modern

Buddhism into contemporary society. Through his personal example and his public teachings and writings he demonstrates how everyone, whether Buddhist or non-Buddhist, can learn to become wiser and more compassionate by following the advice of Buddha.

Nice quality!

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