



A Daily Meditation on Shakyamuni Buddha: How to Meditate on the Graded Path to Enlightenment

Lama Zopa Rinpoche

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Written by Lama Zopa Rinpoche for use by beginning students, it is a clearly outlined practice complete with guided meditations for developing one's motivation, the mind of refuge, and the thought of bodhichitta. In addition, the practice contains mantra recitation and visualization based on Shakyamuni Buddha and a Lam-rim prayer in the form of a request for blessings to develop all the realizations on the path to full awakening. 25 pages, 2013 edition.

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