

A man with a shaved head, wearing a black sleeveless shirt and grey shorts, is sitting in a meditative lotus position on a black mat. He is in a bright room with large windows and wooden pillars in the background. A semi-transparent dark grey banner is overlaid across the middle of the image, containing the title text.

TEACHING CONTEMPLATIVE MEDITATION:
A PRACTICAL GUIDE

Meditation Power A Practical Guide To Meditation Practice

Lingjun Ying



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