



The New Meditation Handbook 2013: Meditations to Make Our Life Happy and Meaningful

Geshe Kelsang Gyatso

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The New Meditation Handbook is a practical guide to meditation that teaches us how to make ourself and others happy by developing inner peace, and in this way making our lives more meaningful. Without inner peace there is no real happiness at all. Problems, suffering and unhappiness do not exist outside the mind; they are feelings and thus part of our mind. Therefore, it is only by controlling our mind that we can permanently stop our problems and make ourself and others truly happy. The twenty-one Buddhist meditation practices presented in this book are actual methods to control our mind and experience lasting inner peace. This extremely practical guide is an indispensable handbook for those seeking happiness and meaning in their lives.

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