



# A Complete Session of Meditation

*Tony Duff*

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## **A Complete Session of Meditation** Tony Duff

This is a book of teachings on how to do a complete session of meditation. The book is a compilation made by the author to help those who would like to practise meditation in the Kagyu or Nyingma way. It emphasizes the practical style of instruction found in the Kagyu tradition for those who actually want to do something with the mind. It deliberately avoids the scholarly style taught in some other Tibetan Buddhist traditions and focusses directly on working directly with one's own mind. Nonetheless, the book is very precise and clear about all of the key points involved in meditation practice. The book emphasizes the Kagyu approach in particular. The author has received teachings from many Kagyu masters and used his knowledge of the tradition as a basis for making the book for his own students. He has selected important texts from Gampopa and other early masters to set the basis for the explanations of meditation. The author has then added other, necessary teachings according to the extensive teachings he has received over many years from many different Kagyu masters, such as Chogyam Trungpa Rinpoche, Mingyur Rinpoche, and others. The result is a book that contains a complete teaching on how to do a complete session of meditation, especially in the style of the Kagyu and Nyingma traditions.

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