



# The Relaxed Mind: A Seven-Step Method for Deepening Meditation Practice

By Dza Kilung Rinpoche



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**Meditators relax! An esteemed modern Tibetan Buddhist teacher presents a system of meditation instructions he devised especially for those affected by the too-fast-paced Western world (i.e., most all of us)—to help them relax, as a way of deepening their meditation practice.**

In the late 1990s, shortly after arriving in the United States, it became clear to Dza Kilung Rinpoche that his Western students responded to traditional meditation instructions differently from his students back in Asia. The Westerners didn't know how to relax -- our pressured, fast-paced lifestyles carried over into meditation. *The Relaxed Mind* contains instructions for the seven-phase meditation practice Dza Kilung Rinpoche developed for students in the West. It's adapted from traditional instructions to counteract the overwhelming distraction that is becoming a global culture these days, not only in the West. Experienced meditators may be surprised to find their practice deepening through letting go of tension. This is also an excellent meditation manual for any beginner.

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#### Review

"*The Relaxed Mind* is a treasure on the indispensable stages of Buddhist trainings on the mind. It takes us from the beginning steps on the meditation journey all the way to final realization, the perfection of the enlightened nature of the mind. This book has it all. There is no need to look for other trainings."—Tulku Thondup, author of *The Healing Power of Mind* and *The Heart of Unconditional Love*

"Refreshingly clear and simple instructions of the Tibetan path. From beginning meditations to more advanced stages, *The Relaxed Mind* offers straightforward and wise guidance that is both nourishing and liberating."—Jack Kornfield, author of *Bringing Home the Dharma* and *A Path with Heart*

"Kilung Rinpoche elucidates the entire spectrum of meditation practices from the basic to highest level along with many precious insights applicable to everyday life. This book can change your life."—Anam Thubten, author of *The Magic of Awareness* and *No Self, No Problem*

"A modern meditation masterpiece. Brilliant, accessible, and humorous, if you follow the instructions of this profound teacher you will indeed relax into your innate wisdom. The best meditation manual I've read in years."—Lodro Rinzler, author of *Sit Like a Buddha* and *The Buddha Walks into a Bar*

#### About the Author

H.E. DZA KILUNG TULKU JIGME RINPOCHE is head of Kilung Monastery in the Dzachuka region of Kham, Tibet. Since 1999 he has divided his time between Tibet and his U.S. home base in Whidbey Island, Washington, from which he teaches throughout the United States and the world. He also directs the Kilung Foundation, which supports educational, cultural, and humanitarian projects in Tibet.

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