



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

Dza Kilung Rinpoche

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In the late 1990s, shortly after arriving in the United States, it became clear to Dza Kilung Rinpoche that his Western students were unable to progress in meditation as well as his students had back in Asia—and he realized that was because the pace of Western life made it difficult for them to relax. *The Relaxed Mind* contains instructions for the seven-phase meditation practice Dza Kilung Rinpoche developed for Westerners. It's very traditional but adapted to help those of us who live in a culture of distraction. The method is a way for tense meditators to relax and deepen their practice—but it's also an excellent meditation manual for any beginner.

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