



# Mindfulness with Breathing: A Manual for Serious Beginners

*Buddhadasa*

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Any practitioner, after meditating for some time, inevitably wonders what meditation method the historical Buddha Shakyamuni himself used while beneath the Bodhi Tree. Many people understand that prior to his realization, Shakyamuni Buddha studied with many of the great yogis of his time, but most do not know what method he ultimately found leads most directly to nirvana. In Ajahn Buddhadasa Bhikkhu's book, *Mindfulness With Breathing*, the Thai meditation master provides practitioners with penetrating insights into the *Anapanasati Sutta*, the canonical text which many believe is the most direct transmission of Shakyamuni Buddha's breath meditation methods. Combined with a concise translation of the sutta itself, *Mindfulness with Breathing* is one of the best guides to Buddhist meditation practice available in the English language.

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