



## The Meditative Mind

By Ayya Khema

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### **The Meditative Mind** By Ayya Khema

This book contains ten talks on the meditative development of the mind given by the Buddhist nun Ayya Khema. In a clear and straightforward manner Ayya Khema describes the skilful means to gain meditative clarity and peace. The talks were given during an intensive meditation retreat held in Sri Lanka.

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## The Meditative Mind By Ayya Khema Bibliography

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