



Step by Step: Basic Buddhist Meditations

Geshe Namgyal Wangchen

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Step By Step is a practical introduction to the profound meditation methods of Tibetan Buddhism. Based on the teachings of the great Tibetan saint and founder of the Gelug School, Tsongkhapa, the techniques explained here are simple, direct and possess the power to radically alter the way we see the world and ourselves. They present a time-tested means for counteracting depression, anxiety, low self-esteem, and countless other forms of mental suffering. This book provides the reader with all of the instruction necessary to embark on the path of transformation that Tibetan Buddhists have refined over the last 1300 years. Geshe Wangchen provides detailed explanations on the six perfections, emptiness, the preciousness of life, and how to develop the genuine altruistic wish to live one's life in a way that brings only benefit to all living things. Geshe Wangchen provides three life-changing meditations that the reader can immediately integrate into their lives in order to work toward a life experience that is more compassionate, confident, and full of wisdom.

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