



Buddhist Meditation for Beginners

By Jack Kornfield

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Editorial Review

About the Author

Jack Kornfield was trained as a Buddhist monk in Thailand, Burma, and India and has taught around the world since 1974. He also holds a Ph.D. in clinical psychology. He is a co-founder of the Insight Meditation Society and of the Spirit Rock Center. He lives in northern California.

From [AudioFile](#)

The title of this collection is slightly misleading. While it does introduce Buddhist meditation, it also includes lectures and interactive exercises on meditation in general, as well as specific meditations on forgiveness and opening ones heart. Jack Kornfields voice is gentle and perfectly paced as he guides listeners through these exercises. Kornfield balances Buddhist teachings on spirituality with accounts of his own experiences and doses of self-deprecating humor. One shouldnt listen to this audio while driving because Kornfield guides listeners to reflect on inner states (often with closed eyes), but otherwise this is a strong introduction to meditation for those in any tradition. The one weakness is that because the production comprises several presentations, there is some repetition of jokes and stories. G.T.B. © AudioFile 2007, Portland, Maine-- *Copyright © AudioFile, Portland, Maine*

Users Review

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