



# Wildmind: A Step-by-Step Guide to Meditation

*Bodhipaksa*

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## **Wildmind: A Step-by-Step Guide to Meditation** Bodhipaksa

“Of great help to people interested in meditation and an inspiring reminder to those on the path.” Joseph Goldstein, co-founder of the Insight Meditation Society and author of *One Dharma: The Emerging Western Buddhism*

“Bodhipaksa has written a beautiful and very accessible introduction to meditation. He guides us through all the basics of mindfulness and also loving-kindness meditations with the voice of a wise, kind, and patient friend.” -Dr. Lorne Ladner, author of *The Lost Art of Compassion*

*The aim of Buddhist meditation is to clear away the "defilements" so that we can experience ourselves more deeply and more truly in our primordial purity, clarity, and freedom of mind. Meditation helps us to cut through the agonizing clutter of superficial mental turmoil and allows us to experience more spacious and joyful states of mind. It is this pure and luminous state that I call your Wildmind.*

From how to build your own meditation stool to how a raisin can help you meditate, this illustrated guide explains everything you need to know to start or deepen your meditation practice. This bestseller is in a new handy format and features brand-new illustrations.

**Bodhipaksa** is a Buddhist practitioner, writer, and teacher, and he is the founder of [www.wildmind.org](http://www.wildmind.org), an online meditation resource. He lives in New Hampshire with his family and conducts classes at Aryaloka Buddhist Center in Newmarket, New Hampshire.

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