



Dharma Cards: A Meditation Kit on the Teachings of the Buddha

Priya Hemenway

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This beautifully designed set offers a simple approach to meditation, as well as an enjoyable way to learn about one of the world's great masters. Based on Gautama Buddha's *Dhammapada* or *Way of Truth*, the kit includes not only 36 illustrated cards inscribed with the Buddha's wisdom, but also an illuminating guidebook; together, they'll help create spiritual harmony in your life. The guide provides an introduction to the Buddha: his birth, search, enlightenment, Four Noble Truths and the Eightfold Path, and much more. It also features information to help you interpret the cards, along with in-depth, individual readings of their text. As you go through the cards, you'll begin to reflect on the questions all meditators ask—about awareness, distractions, serenity—and find encouragement when you feel disheartened.



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