



# Calm and Insight: A Buddhist Manual for Meditators

*BHIKKU KHANTIPALO*

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## **Calm and Insight: A Buddhist Manual for Meditators BHIKKU KHANTIPALO**

This manual, by an experienced Buddhist, has been written so that it will be easily accessible also to the reader who knows nothing about meditation, but also contains knowledge and experience that can be gained only through practice.



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