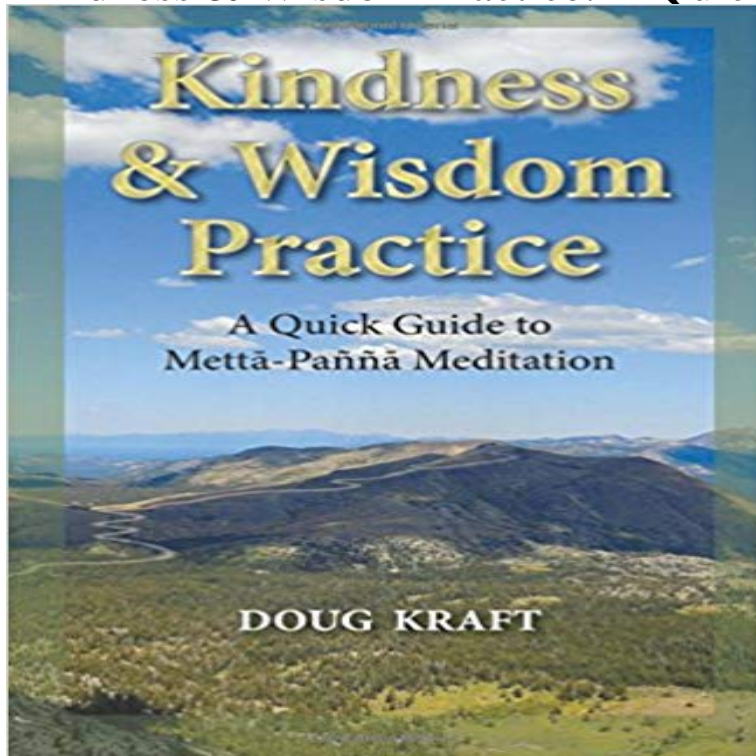


Kindness & Wisdom Practice: A Quick Guide to Metta-Panna Meditation



Metta-panna literally means kindness and wisdom. Without kindness there is no wisdom. Without wisdom there is no kindness. They are deeply integrated qualities. Metta-panna also points to two interdependent and highly effective meditation practices which the Buddha taught according to the earliest texts. This small book gives an overview of metta-panna meditation and introduces each jhana. As ones practice unfolds, the Buddhas instructions shift to take advantage of deepening equanimity and clarity.

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