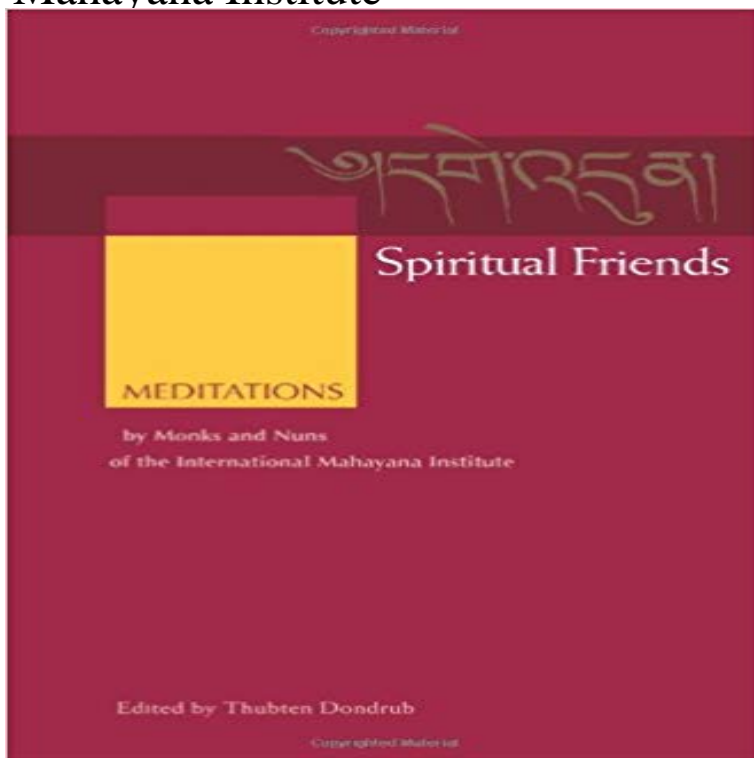


# Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute



A collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. These meditations center on different Buddhist themes and provide a good resource for the practicing meditator. The book also includes brief spiritual autobiographies that allow the reader to trace each contributors entry into and study of Tibetan Buddhism. Our true spiritual friends are the positive potentials in our minds, which will never never disappoint us and never desert us. Similarly, the generous and personal meditations offered in this book help us develop these potentials and thus are true friends to whom we can always turn. Likewise, the Sangha, as the ordained followers of the Buddha upon whom the continuity of the Buddhas teachings depend, are spiritual friends who encourage us and inspire us to transform our minds. This unique book--the first from the International Mahayana Institute--contains meditations written by eighteen nuns and monks of the IMI Sangha as well as an autobiographical essay from each in which these nuns and monks share how they came to the ordained life.

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