



by: ThubtenA collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. These meditations center onA collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. These meditations center on d.A collection of the favorite guided meditations of senior monks and nuns of the International Mahayana Institute of the FPMT. These meditations center on Spiritual Friends: Meditations by Monks and Nuns of the International Mahayana Institute. by Wisdom Publications. Condition: New