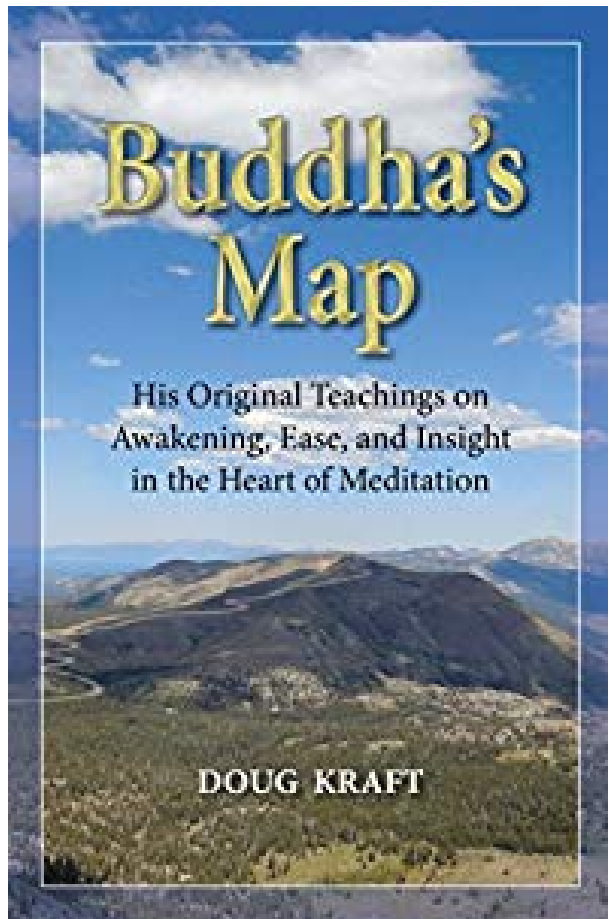


Buddha's Map: His Original Teachings on Awakening Ease and Insight in the Heart of Meditation



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A sweet, wise, and spacious aliveness imbues every moment.

It's so clear, quiet, and unchanging that it draws no attention. We can go an entire lifetime without noticing it. Yet, it is there. The Buddha called it "Awakening" or the "End of Suffering." He didn't talk about it but rather taught a way to cultivate the direct experience of it. This experience is what counts. Many contemporary schools of Buddhism have drifted away from the Buddha's original teachings over the centuries.

Now, we can still find His elegant, nuanced, and efficient path. Buddha's Map is the tale of Doug Kraft's journey down this awakening path, his experience of spaces within himself he never thought possible. Easy to read yet an elegant combination of autobiography and instruction, Buddha's Map offers rare and intimate insight to the meditative states Buddhist monks are not allowed to discuss.

With clear and direct advice, Kraft shares his belief in everyone's capacity to experience the ultimate in the original Buddhist meditation practice.