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This booklet, a condensed version of Bhante Gunaratana's treatise, "The Path of Serenity & Insight" (Delhi: Motilal Banarsidass, 1985), outlines the role of jhana (meditative absorption) in Theravada Buddhist meditation.

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About the Editor Arnold Kotler was an ordained student at the San Francisco and Tassajara Zen Centers from 1969 to 1984. He is the founding editor of Parallax Press, a

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