



# Paths to Perfection: An Overview of Six Meditation Traditions

*Andres Pelenur*

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## **Paths to Perfection: An Overview of Six Meditation Traditions** Andres Pelenur

Over the last ten years, the benefits of meditation have been well publicized. Meditation is routinely taught in schools, hospitals, yoga studios, and corporate seminars. In fact, it seems everyone is embracing the practice. But if we want to learn how to meditate, how do we know which path is right for us? With so many meditation traditions out there, it can be hard to choose. Should we learn a traditional Buddhist practice like Mindfulness Meditation or should we turn to India's exalted yoga tradition? What about Zen meditation? Or Hindu Tantra? What are the differences and similarities between each path? Can we practice as a secular meditator or must we embrace a spiritual path?

In *Paths to Perfection: An Overview of Six Meditation Traditions*, Andres Pelenur answers these and many other questions. Both beginner and experienced meditators will benefit from this short but highly focused guide, which examines the following six traditions:

Theravada Buddhism (Vipassana, aka Mindfulness Meditation);  
Vajrayana (Tantric Buddhist Meditation);  
Zazen (Zen Buddhist Meditation);  
Ashtanga Yoga (Patanjali's Yoga Sutra);  
Advaita Vedanta;  
Non-dual Shaiva Tantra

Whether we want to meditate to reduce stress, increase our happiness and well-being, or embark on a profound spiritual journey, an overview of these six key traditions and their techniques will allow us to take that crucial first step toward a lifetime of joyous meditation.

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