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By Chih-i

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Chih-i is the author of Stopping and Seeing (3.71 avg rating, 7 ratings, 1 review, published 1997) and Parase y Ver Chih-i s Followers. None yet. Chih-i

accessible works from Asia on the practice of meditation includes Stopping and Seeing: A Comprehensive Course in Buddhist Yoga: A Comprehensive Course.

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Chih-i, Thomas Cleary Stopping and Seeing: A Comprehensive Course in Buddhist Meditation Language: English Pages: 224 Publisher: Shambhala; 1 edition