



Meditation on Perception: Ten Healing Practices to Cultivate Mindfulness

Henepola Gunaratana

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Use the unique Buddhist practice of meditation on perception, as taught by the best-selling author of *Mindfulness in Plain English*, to learn how shifting your perspective can transform mental and physical health.

Perception—one of the basic constituents of the body and mind—can be both a source of suffering and pain, as well as a source of happiness and health. The Buddhist tradition teaches that perception can be trained and ultimately purified through the practice of meditation. When we understand how perception impacts our lives, we can use it, just as we do any other object of meditation, to overcome harmful ways of thinking and acting and to develop healthy states of mind instead. In *Meditation on Perception* Bhante G brings us, for the first time in English, an illuminating introduction to the unique Buddhist practice of meditation on perception as taught in the popular Girimananda Sutta.

The ten healing practices that comprise meditation on perception make up a comprehensive system of meditation, combining aspects of both tranquility and insight meditation. Tranquility meditation is used to calm and center the mind, and insight meditation is used to understand more clearly how we ordinarily perceive ourselves and the world around us. Alternating between these two practices, meditators cultivate purified perception as explained by the Buddha. As a result of these efforts, we progress on the path that leads to freedom, once and for all, from illness, confusion, and other forms of physical and mental suffering. *Meditation on Perception* gives us the keys to move beyond ordinary, superficial perception into an enlightened perspective, freed from confusion and unhappiness.

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