



# Peaceful Dwelling : Meditations for Healing and Living

Madeline Ko-I Bastis



A cornucopia of Buddhist meditation for healing and comfort \* Includes meditations for healing medical, psychological, and spiritual ailments \* Provides guidance on living and dying in the here and now, while dealing with illness, stress and suffering \* Offers real-life stories to instruct, inspire, and ground readers in the practice of meditation \* The only meditation book to include Zen, Theravada and Tibetan traditions After a period of emotional and spiritual emptiness, the author, Madeline Ko-I Bastis began practicing meditation. Her physical energy soared, I slept more soundly, and seemed to focus and concentrate more. Sharing her discoveries in Peaceful Dwelling. Madeline Ko-I Bastis offers various meditations for healing all kinds of medical, psychological and spiritual ailments.

- [Payment of Duties by Checks : Hearings Before the Committee on Ways and Means, House of Representatives, 60th Congress, 1st Session, on H. C. Res. 15, April 8, 1908](#)
- [P Dagogische Hilfen F R Kinder Bei Sexuellem Missbrauch](#)
- [P.B. Bear` School Day](#)
- [Patterns in Java: A Catalog of Enterprise Design Patterns Illustrated with UML v. 3](#)
- [Pearl` Guide to Maturity : How to Make Your Silver Years Truly Golden](#)