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Buddhist meditation is the practice of meditation in Buddhism. The closest words for meditation in the classical languages of Buddhism are bhāvanā ("mental development") and jhāna/dhyāna (mental training resulting in a calm and luminous mind). According to the Buddhist sutras, Gautama was moved by the innate suffering of humanity and its endless repetition due to rebirth. He set out on a quest to end this repeated suffering. While it might be counter-intuitive to travel long distances to sit with a bunch of silent strangers, meditation retreats offer guidance to those on an internal quest. *The Meditative Way: Readings in the Theory and Practice of Buddhist Meditation* - Kindle edition by Roderick Bucknell, Chris Kang. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading *The Meditative Way: Readings in the Theory and Practice of Buddhist ...*