

# A PRIMER ON SAMATHA MEDITATION

2,500 years ago, aspiring meditators had to scale treacherous mountains to find a guru who might guide them to spiritual awakening. Today's spiritual practitioners have a much different problem: The marketplace is...

A Primer on  
**Samatha**  
Meditation



Kyle Parton

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## A Primer on Samatha Meditation

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## Reader's Opinions

Refreshingly practical. I've flipped through similar guides before, but they rarely answer the one question I actually have: What are you actually DOING in meditation? In the most technical sense, what are you changing? Grateful for the answer :)

A straightforward and clear explanation. Very grateful for something like this that can help someone how to get started.