



# Emptiness: A Practical Introduction for Meditators

*Guy Armstrong*

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## **Emptiness: A Practical Introduction for Meditators** Guy Armstrong

If everything is empty, then what ceases in Nirvana and is born in rebirth? How can you live in the world without feeling trapped by it? Guy Armstrong tackles these questions and more in this richly informed, practical guide to emptiness for the meditator.

'Emptiness' is perhaps an odd term to be the central philosophy of a major religion, but understanding it brings freedom to our experience as we live consciously in the world. It is a rich and complex topic and far from meaning 'nothingness' or 'vacancy.' In this insightful and practical atlas for meditators, Guy Armstrong weaves together Theravada and Mahayana teachings on emptiness and brings these to light through his forty years of meditation experience.

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