

Beyond Mindfulness In Plain English

Upasika Kee was a uniquely powerful spiritual teacher. Evocative of the great Ajahn Chah, her teachings are earthy, refreshingly direct, and hard-hitting. In the twentieth century, she grew to become one of the most famous teachers in Thailand--male or female--all the more remarkable because, rarer still, she was not a monastic but a layperson. Her relentless honesty, along with her encouraging voice, is one reason so many contemporary Buddhist teachers recall Upasika Kee so fondly, and so often. With this book, readers seeking something reminiscent of the classic Mindfulness in Plain English can receive instruction on meditation practice as they become acquainted with the legacy of a renowned Buddhist figure. Pure and Simple, the first widely-available collection of her writings, will be gratefully received not only by those who knew Upasika Kee, but by anyone who encounters her for the first time in its pages.

This is a clear and in-depth presentation of the traditional Theravadin concentration meditation known as *jhāna* practice, from two authors who have practiced the *jhānas* in retreat under the guidance of one of the great living meditation masters, Pa Auk Sayadaw. The authors describe the techniques and their results, based on their own experience.

The Way to Buddhahood is a compendium of two thousand years of Chinese practice in assimilating and

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understanding the Buddhist experience of enlightenment. It is the first in-depth explanation of Chinese Buddhism by Yin-shun, the greatest living master of the Chinese scholar-monk tradition. The master's broad scope not only includes the traditional Chinese experience but also ideas from the Tibetan monastic tradition. This is one of those rare classic books that authentically captures an entire Buddhist tradition between its covers.

With over a quarter of a million copies sold, *Mindfulness in Plain English* is one of the most influential books in the burgeoning field of mindfulness and a timeless classic introduction to meditation. This is a book that people read, love, and share - a book that people talk about, write about, reflect on, and return to over and over again.

Bhante Gunaratana is also the author of *Eight Mindful Steps to Happiness*, *Beyond Mindfulness in Plain English*, *The Four Foundations of Mindfulness in Plain English*, and his memoir *Journey to Mindfulness*.

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

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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.

In the same engaging style that has endeared him to readers of *Mindfulness In Plain English*, Bhante Gunaratana delves deeply into each step of the Buddha's most profound teaching on bringing an end to suffering: the noble eightfold path. With generous and specific advice, *Eight Mindful Steps to Happiness* offers skillful ways to handle anger, to find right livelihood, and to cultivate loving-friendliness in relationships with parents, children, and partners, as well as tools to overcome all the mental hindrances that prevent happiness. Whether you are an experienced meditator or someone who's only just beginning, this gentle and down-

to-earth guide will help you bring the heart of the Buddha's teachings into every aspect of your life. A Foreword Magazine Book of the Year Awards finalist (Spirituality/Inspirational).

Still Standing reveals how an unlikely governor is sparking a whole new kind of politics—and introduces the exciting possibilities that lie ahead. As the rookie Republican governor of deep-blue Maryland, Larry Hogan had already beaten some daunting odds. A common-sense businessman with a down-to-earth style, he had won a long-shot election the Washington Post called "a stunning upset." He'd worked with cops and neighborhood leaders to quell Baltimore's worst rioting in 47 years. He'd stared down entrenched political bosses to save his state from fiscal catastrophe, winning praise from Democrats, Republicans and independents. But none of that prepared him for the life-threatening challenge he would have to face next: a highly aggressive form of late-stage cancer. Could America's most popular governor beat the odds again? The people of Maryland, with their "Hogan Strong" wristbands, were certainly pulling for him, sending him back to the governor's office in a landslide. As Governor Hogan began his second term cancer-free, his next challenge went far beyond Maryland: bringing our divided country together for a better future. And in 2020, as the COVID-19 pandemic changed that future forever, Hogan was once again called to rely upon his bold, open-minded approach to problem-solving to lead and serve in a time of unprecedented turmoil. In his own words and unique, plain-spoken style, Larry Hogan tells the feel-

good story of a fresh American leader being touted as the "anti-Trump Republican." A lifelong uniter at a time of sharp divisions. A politician with practical solutions that take the best from all sides. An open-hearted man who has learned important lessons from his own struggles in life. As we face a future full of questions, Hogan offers some surprising answers. *Still Standing* is a timely reminder that perseverance in the face of unexpected obstacles is at the heart of the American spirit.

The bestselling author of *Mindfulness in Plain English* invites us to explore the joyful benefits of living with loving-kindness. With his signature clarity and warmth, Bhante Gunaratana shares with us how we can cultivate loving-kindness to live a life of joyful harmony with others. Through personal anecdotes, step-by-step meditations, conversational renderings of the Buddha's words in the suttas, and transformative insights into how we live in and relate to the world, we learn that peace here and now is possible—within ourselves and in all our relationships. Bhante G speaks directly to how we can cultivate loving-kindness to find emotional clarity, overcome anger, and become more peaceful—both on and off the meditation cushion.

Now ordinary meditators (and non-meditators) can understand how to attain non-ordinary states with relative ease. Blended with contemporary examples, pragmatic exercises, and "how to" instructions that anyone can try, *Focused and Fearless* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (jhanas) that lead to liberating insight. *Focused and Fearless* is about much more than merely meditation or

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concentration. It offers a complete path towards bliss, fearlessness, and true awakening.

In simple and straightforward language, Bhante Gunaratana shares the Buddha's teachings on mindfulness and how we can use these principles to improve our daily lives, deepen our mindfulness, and move closer to our spiritual goals. Based on the classic Satipatthana Sutta, one of the most succinct yet rich explanations of meditation, Bhante's presentation is nonetheless thoroughly modern. The Satipatthana Sutta has become the basis of all mindfulness meditation, and Bhante unveils it to the reader in his trademark "plain English" style. Contemplating the Four Foundations of Mindfulness--mindfulness of the body, of feelings, of the mind, and of phenomena themselves--is recommended for all practitioners. Newcomers will find *The Four Foundations of Mindfulness in Plain English* lays a strong groundwork for mindfulness practice and gives them all they need to get started right away, and old hands will find rich subtleties and insights to help consolidate and clarify what they may have begun to see for themselves. People at every state of the spiritual path will benefit from reading this book.

The works of the Buddha can feel vast, and it is sometimes difficult for even longtime students to know where to look, especially since the Buddha never explicitly defined the framework behind his teachings. Designed to provide just such a framework, *In the Buddha's Words* is an anthology of the Buddha's works that has been specifically compiled by a celebrated scholar and translator. For easy reference, the book is arrayed in ten thematic sections ranging from "The Human Condition" to "Mastering the Mind" to "The Planes of Realization." Each section comes with introductions, notes, and essays to help beginners and experts alike draw greater meaning from the Buddha's words. The book also features a

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general introduction by the author that fully lays out how and why he has arranged the Buddha's teachings in this volume. This thoughtful compilation is a valuable resource for both teachers and those who want to read the Buddha on their own.

Freedom from suffering is not only possible, but the means for achieving it are immediately within our grasp—literally as close to us as our own breath. This is the 2,500-year-old good news contained in the Anapanasati Sutra, the Buddha's teaching on cultivating both tranquility and deep insight through full awareness of breathing. In this book, Larry Rosenberg brings this timeless meditation method to life. Using the insights gained from his many years of practice and teaching, he makes insight meditation practice accessible to modern practitioners.

Beyond the Breath is one of the first books to give a complete overview and description of sensation based vipassana meditation, the form of mediation thought of as the original method of meditation as used by the Buddha 2,500 years ago. This form of meditation, brought to the West by S.N. Geoneka, provides a means to experience emotions directly and nonverbally—accessing the mind through the body. One of the main principles of this school of meditation is that meditation alone is not sufficient practice, but that it must be combined with a whole-life and ethical commitment.

M.Glickman's approach is unique—he takes a mediation practice deeply rooted within a historic Buddhist framework, and gives it a modern-day, scientific spin—he presents sensation based viapassana meditaiton and Buddhist principles in 20th-century language, secularizing ideas that may sound exotic, off-putting, or out-dated. Glickman's passion for the topic, as well as his great understanding of Buddhist concepts, make this an inspiring read.

Love, compassion, and peace - these words are at the heart

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of all spiritual endeavors. Although we intuitively resonate with their meaning and value, for most of us, the challenge is how to embody what we know; how to transform these words into a vibrant, living practice. In these times of conflict and uncertainty, this transformation is far more than an abstract ideal; it is an urgent necessity. Peace in the world begins with us. This wonderfully appealing offering from one the most trusted elders of Buddhism in the West is a warm and engaging exploration of the ways we can cultivate and manifest peace as wise and skillful action in the world. This charming book is illuminated throughout with lively, joyous, and sometimes even funny citations from a host of contemporary and ancient sources - from the poetry of W.S. Merwin and Galway Kinnell to the haiku of Issa and the great poet-monk Ryokan, from the luminous aspirations of Saint Francis of Assisi to the sage advice of Thich Nhat Hanh and the Dalai Lama.

An anniversary collection, presented in a beautiful collector's edition, of three of Bhante Gunaratana's bestselling classics. The Mindfulness in Plain English Collection offers the rich, full context for tapping into the true power of mindfulness, all with the signature warmth of Bhante Gunaratana—Bhante G., as he is affectionately called. Bhante G. is the bestselling author of the timeless classic, *Mindfulness In Plain English*. This set includes: • *Mindfulness in Plain English* • *The Four Foundations of Mindfulness in Plain English* • *Beyond Mindfulness in Plain English*

From one of America's most brilliant writers, a New York Times bestselling journey through psychology, philosophy, and lots of meditation to show how Buddhism holds the key to moral clarity and enduring happiness. At the heart of Buddhism is a simple claim: The reason we suffer—and the reason we make other people suffer—is that we don't see the world clearly. At the heart of Buddhist meditative practice is a

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radical promise: We can learn to see the world, including ourselves, more clearly and so gain a deep and morally valid happiness. In this “sublime” (The New Yorker), pathbreaking book, Robert Wright shows how taking this promise seriously can change your life—how it can loosen the grip of anxiety, regret, and hatred, and how it can deepen your appreciation of beauty and of other people. He also shows why this transformation works, drawing on the latest in neuroscience and psychology, and armed with an acute understanding of human evolution. This book is the culmination of a personal journey that began with Wright’s landmark book on evolutionary psychology, *The Moral Animal*, and deepened as he immersed himself in meditative practice and conversed with some of the world’s most skilled meditators. The result is a story that is “provocative, informative and...deeply rewarding” (The New York Times Book Review), and as entertaining as it is illuminating. Written with the wit, clarity, and grace for which Wright is famous, *Why Buddhism Is True* lays the foundation for a spiritual life in a secular age and shows how, in a time of technological distraction and social division, we can save ourselves from ourselves, both as individuals and as a species.

Countless people world wide have made *Mindfulness in Plain English* a beloved and bestselling classic in almost a dozen languages. Now after nearly two decades, Bhante helps meditators of every stripe take their mindfulness practice to the next level - helping them go, in a word, beyond mindfulness. In the same warm, clear, and friendly voice, Bhante introduces the reader to what have been known for centuries as the "jhanas" - deeply calm, joyous, and powerful states of meditation that, when explored with the clearly presented tools in this book, lead to life of insight and unshakeable peace.

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A growing body of scientific research indicates that mindfulness can reduce stress and improve mental and physical health. Countless people who have tried it say it's improved their quality of life. Simply put, mindfulness is the practice of paying steady and full attention, without judgment or criticism, to our moment-to-moment experience. Here is a collection of the best writing on what mindfulness is, why we should practice it, and how to apply it in daily life, from leading figures in the field. Selections include: · Leading thinker Jon Kabat-Zinn on the essence of mindfulness, stress reduction, and positive change · Zen teacher Thich Nhat Hanh on the transformative power of mindful breathing · Professor of psychiatry Daniel Siegel, MD, on how mindfulness benefits the brain · Physician and meditation teacher Jan Chozen Bays, MD, on how and why to practice mindful eating · Pioneering psychologist Ellen Langer on how mindfulness can change the understanding and treatment of disease · Leadership coach Michael Carroll on practicing mindfulness at work · Psychologist Daniel Goleman on a mindful approach to shopping and consuming · Pianist Madeline Bruser on how mindfulness can help us overcome performance anxiety · and much more The Mindfulness Revolution also includes an in-depth discussion by writer-editor Barry Boyce about how mindfulness is being applied in a variety of professional fields—from health care to education, from performing arts to business—to improve effectiveness and enhance well-being. Learn more at www.mindful.org.

Renowned scholar-monk writes accessibly on some of

the most contentious topics in Buddhism—guaranteed to ruffle some feathers. Armed with his rigorous examination of the canonical records, respected scholar-monk Bhikkhu Analayo explores—and sharply criticizes—four examples of what he terms “superiority conceit” in Buddhism: the androcentric tendency to prevent women from occupying leadership roles, be these as fully ordained monastics or as advanced bodhisattvas the Mahayana notion that those who don’t aspire to become bodhisattvas are inferior practitioners the Theravada belief that theirs is the most original expression of the Buddha’s teaching the Secular Buddhist claim to understand the teachings of the Buddha more accurately than traditionally practicing Buddhists Ven. Analayo challenges the scriptural basis for these conceits and points out that adhering to such notions of superiority is not, after all, conducive to practice. “It is by diminishing ego, letting go of arrogance, and abandoning conceit that one becomes a better Buddhist,” he reminds us, “no matter what tradition one may follow.” Thoroughly researched, *Superiority Conceit in Buddhist Traditions* provides an accessible approach to these conceits as academic subjects. Readers will find it not only challenges their own intellectual understandings but also improves their personal practice.

In her long-awaited debut, a beloved master teacher shows us how to move from the “constant squeeze” of suffering to a direct experience of enoughness. The magnanimous heart is a heart of balance and buoyancy, of generosity and inclusivity. It allows us to approach

each moment exactly as it is, in a fresh and alive way free from agendas and “shoulds,” receiving all that arises. It has the capacity to hold anything and everything, transforming even vulnerability and grief into workable assets. In writing evocative of Pema Chödrön’s, Narayan Helen Liebenson teaches us exactly how it is possible to turn the sting and anguish of loss into a path of liberation—the deep joy, peace, and happiness within our own hearts that exists beyond mere circumstances. The Magnanimous Heart shows us how to skillfully respond to painful human emotions through the art of meditative inquiry, or questioning wisely. Readers will learn how to live from a compassionate love that guides our lives and warms whatever it shines upon. With metta and compassion as companions and allies, we discover how our own magnanimous hearts can gently allow the inner knots to untie themselves. Goldstein presents key teachings, favorite stories, and answers to commonly asked questions about the Buddhist path of insight meditation, the most widely practiced form of meditation in the United States. In the oldest scriptures of Theravada Buddhism much attention is given to the jhanas, high levels of meditative attainment distinguished by powerful concentration and purity of mind. Ven. Dr. Gunaratana examines these jhanas within the context of Buddhist teaching as a whole and particularly within the meditation disciplines taught by the Buddha. Beginning with the ethical foundation for meditation, the role of the teacher, the classical subjects of meditation, and the appropriateness of these subjects to individual practitioners, the author

traces the practice of meditation to the higher reaches of realization. The eight stages of jhana are individually analyzed and explained in terms of their relation to one another and to the ultimate goal of the teaching. The author makes the critical distinction between the mundane jhanas and supermundane jhanas, pointing out that the lower four, while leading to various mental powers and psychic attainments, are not necessary to full enlightenment and may be developed or bypassed as the medita-tor wishes. The author goes on to explain the place of the jhanas among the accomplishments of an arahat and elucidate their usefulness for a dedicated meditator.

A life-changing guide to the incredible benefits of living with a radical, hopeful and dharma (Buddhist practice)-based perspective that includes mindfulness but goes way beyond it. A uniquely practical and accessible exploration of Buddhism in everyday life that will have appeal to people of any faith and of none. "A deeply nurturing and illuminating book." - Jon Kabat-Zinn

If mindfulness is the gate to the awakened life, this book describes the garden that lies beyond: a magical, rich and fulfilled way of living that comes when we act according to Buddhist principles. Mindfulness - or the practice of paying attention to the present moment - is a part of this, but only one part. This book reveals exactly how radical, exciting and life-changing the full picture of Buddhist ideas about concepts such as compassion, joy, detachment and liberation can be. Its key aim, however, is to do this in a way that appeals to everyone, whether they are interested in Buddhism or not. Written in simple,

straightforward language, the book contains 50 essays covering every aspect of modern life, ranging from the mundane to the spiritual. Topics include how to be fulfilled at work, how to relate to money, what mindfulness really means, how to find the magic of the moment, what being authentic means, how to age wisely, how to be friends with your own body, how to step off the treadmill of daily life, what the concepts of emptiness, unity and enlightenment really mean ... and much, much more. This book will imbue your life once more with the sense of magic and mystery that you felt as a child; it will allow you to put down the burdens of anxiety, joylessness, restlessness or a judging mind - it will do all this by enabling you to shift your experience of the world in a truly profound way.

The landmark work on mindfulness, meditation, and healing, now revised and updated after twenty-five years. Stress. It can sap our energy, undermine our health if we let it, even shorten our lives. It makes us more vulnerable to anxiety and depression, disconnection and disease. Based on Jon Kabat-Zinn's renowned mindfulness-based stress reduction program, this classic, groundbreaking work—which gave rise to a whole new field in medicine and psychology—shows you how to use medically proven mind-body approaches derived from meditation and yoga to counteract stress, establish greater balance of body and mind, and stimulate well-being and healing. By engaging in these mindfulness practices and integrating them into your life from moment to moment and from day to day, you can learn to manage chronic pain, promote optimal healing, reduce

anxiety and feelings of panic, and improve the overall quality of your life, relationships, and social networks. This second edition features results from recent studies on the science of mindfulness, a new Introduction, up-to-date statistics, and an extensive updated reading list. Full Catastrophe Living is a book for the young and the old, the well and the ill, and anyone trying to live a healthier and saner life in our fast-paced world. Praise for Full Catastrophe Living “To say that this wise, deep book is helpful to those who face the challenges of human crisis would be a vast understatement. It is essential, unique, and, above all, fundamentally healing.”—Donald M. Berwick, M.D., president emeritus and senior fellow, Institute for Healthcare Improvement “One of the great classics of mind/body medicine.”—Rachel Naomi Remen, M.D., author of Kitchen Table Wisdom “A book for everyone . . . Jon Kabat-Zinn has done more than any other person on the planet to spread the power of mindfulness to the lives of ordinary people and major societal institutions.”—Richard J. Davidson, founder and chair, Center for Investigating Healthy Minds, University of Wisconsin–Madison “This is the ultimate owner’s manual for our lives. What a gift!”—Amy Gross, former editor in chief, O: The Oprah Magazine “I first read Full Catastrophe Living in my early twenties and it changed my life.”—Chade-Meng Tan, Jolly Good Fellow of Google and author of Search Inside Yourself “Jon Kabat-Zinn’s classic work on the practice of mindfulness to alleviate stress and human suffering stands the test of time, a most useful resource and practical guide. I recommend this new edition

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enthusiastically to doctors, patients, and anyone interested in learning to use the power of focused awareness to meet life's challenges, whether great or small."—Andrew Weil, M.D., author of *Spontaneous Happiness* and *8 Weeks to Optimum Health* "How wonderful to have a new and updated version of this classic book that invited so many of us down a path that transformed our minds and awakened us to the beauty of each moment, day-by-day, through our lives. This second edition, building on the first, is sure to become a treasured sourcebook and traveling companion for new generations who seek the wisdom to live full and fulfilling lives."—Diana Chapman Walsh, Ph.D., president emerita of Wellesley College

A new book distilling Wisdom's definitive masterpiece on mindfulness and all-time bestseller, *Mindfulness in Plain English*, down to a pocket-sized guide with everything you need to get started practicing mindfulness right now. In a clear, friendly voice, this concise collection of beloved and renowned meditation master Bhante G's bestselling instructions will teach you everything you need to know to start—and maintain!—your mindfulness meditation practice. The book includes practical advice on What to do with the body and mind in meditation; What to do when the mind wanders and how to work with distraction; How to deal with physical discomfort in meditation; How to overcome drowsiness, boredom, and inability to concentrate; How to work with fear and agitation, judgments, and

self-criticism; How to avoid trying too hard, expecting too much, or getting discouraged; 11 common misconceptions about meditation; 10 tips for effective practice; and how to get the most out of your practice.

Meditation: it's not just a way to relax, or to deal with life's problems. Done correctly, it can be a way to radically encounter bliss and to begin - and sustain - real transformation in ourselves. In *Mindfulness, Bliss, and Beyond*, self-described meditation junkie Ajahn Brahm shares his knowledge and experience of the jhanas - a core part of the Buddha's original meditation teaching. Never before has this material been approached in such an empowering way, by a teacher of such authority and popularity. Full of surprises, delightfully goofy humor, and entertaining stories that inspire, instruct, and illuminate, *Mindfulness, Bliss, and Beyond* will encourage those new to meditation, and give a shot in the arm to more experienced practitioners as well.

“Written in words so intimate, calm, kind, and immediate, this extraordinary book feels like a message from our very own heart....Thich Nhat Hanh is one of the most important voices of our time, and we have never needed to listen to him more than now.” —Sogyal Rinpoche

Fear is destructive, a pervasive problem we all face. Vietnamese Buddhist Zen Master, poet, scholar, peace activist, and one of the foremost spiritual leaders in the world—a gifted

teacher who was once nominated for the Nobel Peace Prize by Martin Luther King Jr.—Thich Nhat Hanh has written a powerful and practical strategic guide to overcoming our debilitating uncertainties and personal terrors. The New York Times said Hanh, “ranks second only to the Dalai Lama” as the Buddhist leader with the most influence in the West. In *In Fear: Essential Wisdom for Getting through the Storm*, Hanh explores the origins of our fears, illuminating a path to finding peace and freedom from anxiety and offering powerful tools to help us eradicate it from our lives

How to Walk is the fourth title in Parallax’s popular Mindfulness Essentials Series of how-to titles by Zen Master Thich Nhat Hanh, introducing beginners and reminding seasoned practitioners of the essentials of mindfulness practice. Slow, concentrated walking while focusing on in- and out-breaths allows for a unique opportunity to be in the present. There is no need to arrive somewhere—each step is the arrival to concentration, joy, insight, and the momentary enlightenment of aliveness. When your foot touches the Earth with awareness, you make yourself alive and the Earth real, and you forget for one minute the searching, rushing, and longing that rob our daily lives of awareness and cause us to “sleepwalk” through life. Thich Nhat Hanh shares amusing stories of the impact mindful walking has on both the walker and those who notice him, and shows how

mindful walking can be a technique for diminishing depression, recapturing wonder, and expressing gratitude. Pocket-sized, with original two color illustrations by Jason DeAntonis, *How to Walk* is a unique gift for all ages, sharing a simple practice that can have a profound effect on practitioners.

Everything you ever wanted to know but never had a chance to ask about meditation and Buddhist spiritual practice, from one of the greatest mindfulness teachers of our time. How can I fit meditation into my busy life? How should I understand karma and rebirth? Is enlightenment even possible for me? Sound familiar? If you've ever meditated or studied Buddhism, you may have found yourself asking these questions—and many more! Here's the good news: there are answers, and you'll find them all in this book. Imagine that you could sit down with one of Buddhism's most accomplished and plainspoken teachers—and imagine that he patiently agreed to answer any question you had about meditation, living mindfully, and key Buddhist concepts—even the myriad brilliant questions you've never thought to ask! *What, Why, How* condenses into one volume a half-century of Bhante G.'s wise answers to common questions about the Buddha's core teachings on meditation and spiritual practice. With his kind and clear guidance, you'll gain simple yet powerful insights and practices to end unhealthy patterns and habits

so that you can transform your experience of the world—from your own mind to your relationships, your job, and beyond.

The inspiring life-story of from the bestselling author of *Mindfulness in Plain English*—updated and expanded in honor of his 90th birthday. Bhante Gunaratana—Bhante G., as he is affectionately called—has long been among the most beloved Buddhist teachers in the West. Ordained at twelve, he would eventually become the first Buddhist chaplain at an American university, the founder of a retreat center and monastery, and a bestselling author. Here, Bhante G. lays bare the often-surprising ups and downs of his more than ninety years, from his boyhood in Sri Lanka to his decades of sharing the insights of the Buddha, telling his story with the "plain-English" good-humored approach for which he is so renowned. This expanded anniversary edition includes four new chapters in which Bhante reflects on the impact of the tsunami that struck his homeland in 2004 and his subsequent appearance on *Larry King Live*, his brief experiment in ordaining nuns at his monastery, as well intimate reflections on the loss of family members, and his own aging and infirmity—providing a model an inspiring model to us all of gracious equanimity. A lavishly produced book featuring carefully chosen selections from the Buddha's teachings for use in recitation and reflection. *Buddhist Suttas for*

Recitation provides everything you need to begin and maintain a practice of contemplative recitation and reflection. These practices will deepen your connection to the Buddha, strengthen your faith in the Path, and nurture your intellectual understanding of the Dhamma. This unique volume includes carefully chosen discourses of the Buddha from the Pali Canon—presented in inspiring and accessible English with accompanying Pali—that convey the essence of the Dhamma. The introductory material explains the relationship between meditation and devotional practice, offers instructions on setting up a home altar, and gives advice on how to use these texts to enhance your spiritual development.

A practical guidebook for meditators interested in achieving the states of bliss and deep focus associated with the Buddhist jhānas One of the elements of the Eightfold Path is Right

Concentration: the one-pointedness of mind that, together with ethics, livelihood, meditation, and more, leads to the ultimate freedom from suffering.

So how does one achieve Right Concentration?

According to the Buddha himself, the jhānas—a series of eight progressive altered states of consciousness—are an essential method. But

because the jhānas can usually be achieved only through prolonged meditation retreat, they have been shrouded in mystery for years. Not anymore. In

Right Concentration, Leigh Brasington takes away

the mystique and gives instructions on how to achieve them in plain, accessible language. He notes the various pitfalls to avoid along the way and provides a wealth of material on the theory of jh?na practice—all geared toward the practitioner rather than the scholar. As Brasington proves, these states of bliss and concentration are attainable by anyone who devotes the time and sincerity of practice necessary to realize them.

What are your dreams telling you? Dr. Raffa believes that "dreams show us who we are and what we can become." In this fascinating book of how to analyze dreams, explore the feminine aspects, and use dreams to grow emotionally and spiritually, Raffa combines the metaphor of a theatre with the practicality of a handbook to provide a practical guide to understanding your dreams.

Beyond Mindfulness in Plain English
An Introductory Guide to Deeper States of Meditation
ReadHowYouWant.com

A mindful journal for a balanced life—based on the worldwide bestseller *Mindfulness in Plain English*. "People ask me how to practice mindfulness in daily life—this journal answers that question." —Bhante Gunaratana Discover the transformative power of mindfulness—in your own words. Based on the classic bestseller *Mindfulness in Plain English*, Bhante Gunaratana offers compassionate guidance and the space to explore meditation in your own life. Explore your insights and keep track of your emotional life without judgment, and begin to change the stories you tell about yourself. Includes a brief introduction to meditation so anyone can get started right away, as well as mindfulness tips and inspiring quotes.

An excellent, practical introduction to Zen meditation. Written in a warm and easily accessible style, the book appeals to

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anyone with an interest in meditation, Zen, or, as is often the case today, a combination of the two. The book emphasizes the importance of receiving good instruction and of finding groups to practice with, yet it lays out the necessary steps to practice Zen meditation on your own. The book includes easily followed exercises to help the reader along. For anyone looking to uncover a clear and insightful path into the philosophy and practice of Zen meditation, this book represents the culmination of that search

“A straightforward and pragmatic guide to deepening levels of concentration and insight. This book is a joy to read and a great gift to us all.”—Joseph Goldstein, author of *Mindfulness*

Countless people worldwide have made *Mindfulness in Plain English* a beloved and bestselling classic in almost a dozen languages. Now after nearly two decades, Bhante helps meditators of every stripe take their mindfulness practice to the next level - helping them go, in a word, beyond mindfulness. In the same warm, clear, and friendly voice, Bhante introduces the reader to what have been known for centuries as the "jhanas" - deeply calm, joyous, and powerful states of meditation that, when explored with the clearly presented tools in this book, can lead to a life of insight and unshakeable peace.

Techniques for developing meditative insight and compassion, written with pure sincerity by a Western Buddhist nun.

Buddhist teachings and meditation offer a roadmap to help college students and others in early adulthood incorporate mindfulness into their lives as a means of facing the myriad struggles unique to this stage of life. Early adulthood is filled with intense emotions and insecurity. What if you never fall in love? What if you can't find work you're passionate about? You miss home. You miss close friends. You're lost in the noise of how you think you should be living and worried about

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wasting what everyone says should be the best years of your life. *What Now?* shares mindfulness practices to help twentysomethings learn to identify and accept these feelings and respond—not react—to painful and powerful stimuli without pushing them away or getting lost in them. This is not about fixing oneself or being "better." Readers are encouraged to embrace themselves exactly as they are. You are already completely whole, completely loveable, completely worthy. *What Now?* shares practices that help us to wake up to this fact. This uniquely tumultuous developmental period is a time when many first live away from home and engage in all kinds of experimentation—with ideas, substances, relationships, and who we think we are and want to be in the world. Yael Shy shares her own story and offers basic meditation guides to beginning a practice. She explores the Buddhist framework for what causes suffering and explores ideas about interconnection and social justice as natural outgrowths of meditation practice.

An indispensable guidebook through the journey of life and death, *Mind Beyond Death* weaves a synthesis of wisdom remarkable in its scope. With warm informality and profound understanding of the Western mind, the Dzogchen Ponlop Rinpoche makes the mysterious Tibetan teachings on the bardos—the intervals of life, death, and beyond—completely available to the modern reader. Drawing on a breathtaking range of material, *Mind Beyond Death* shows us how the bardos can be used to conquer death. Working with the bardos means taking hold of life and learning how to live with fearless abandon. Exploring all six bardos—not just the three bardos of death—*Mind Beyond Death* demonstrates that the secret to a good journey through and beyond death lies in how we live. Walking skillfully through the bardos of dream meditation and daily life, the Dzogchen Ponlop Rinpoche takes us deep into the mysterious death intervals, introducing

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us to their dazzling mindscape. This tour de force gives us the knowledge to transform death, the greatest obstacle, into the most powerful opportunity for enlightenment. With both nuts-and-bolts meditation techniques and brilliant illumination, Mind Beyond Death offers a clear map and a sturdy vehicle that will safely transport the reader through the challenging transitions of this life and the perilous bardos beyond death.

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