

Mindfulness Bliss And Beyond A Meditators Handbook Ajahn Brahm

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Mindfulness Bliss And Beyond A

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.

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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.

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Full of surprises, delightfully goofy humor, and 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. "Mindfulness, Bliss, and Beyond is riveting, rollicking, and uncompromisingly real.

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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.

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Mindfulness, Bliss and Beyond - A Meditators Handbook by Ajahn Bram. Ajahn Brahm is among a new generation of Westerners who have studied, practiced, and mastered an important range of Buddhist teachings and now offer them to sincere practitioners across the modern world.

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ASTERN ELIGION EDITATION

A self-described meditation junkie, Brahm shares his recipe for bliss in this practical, energising new book. Mindfulness, Bliss and Beyond is a complete, stem-to-stern guide to the subject, with precise step-by-step instructions for traversing the stages of practice and overcoming obstacles.

Mindfulness Bliss and Beyond: A Meditator's Handbook by ...

Compassion, bliss, and beyond (Day 40) May 21, 2013 Bodhipaksa People often think of compassion as being a sombre, even depressing experience, but that doesn't have to be the case.