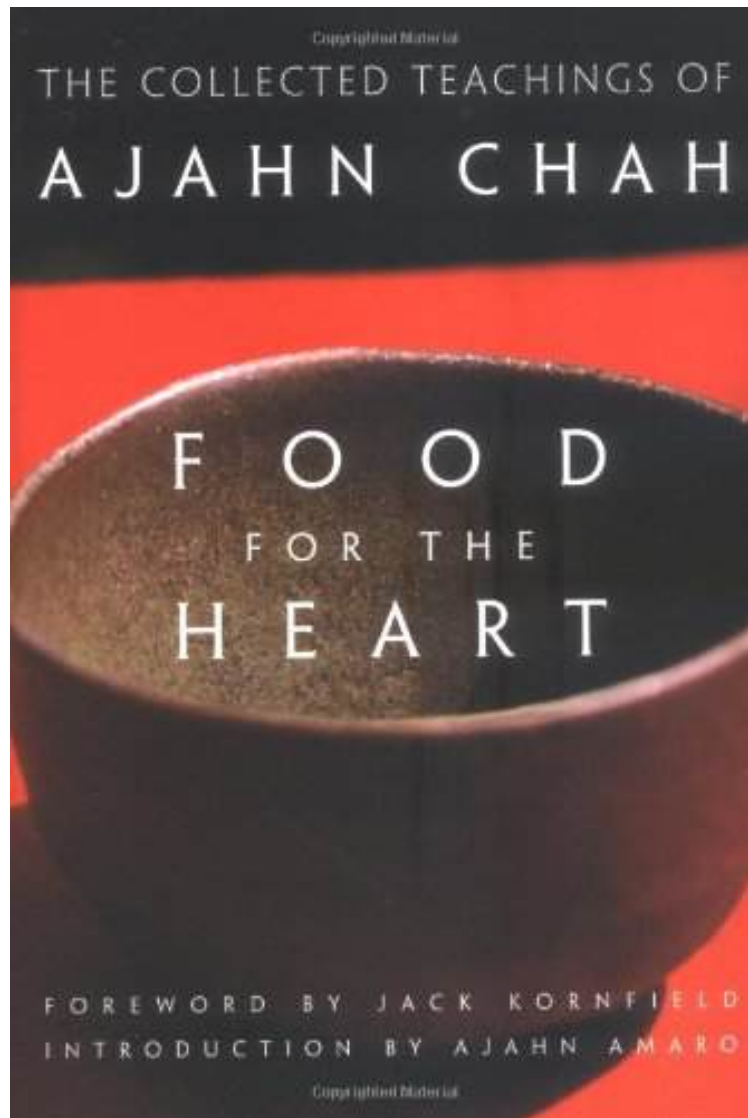


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By Ajahn Chah

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8 of 8 review helpful and a good way to get a flavor of Ajahn Chah's teachings By Karma I prefer A Still Forest Pool to this book it is brief and concise and a good way to get a flavor of Ajahn Chah's teachings for those who just want an introduction As Food for the Heart was written from recorded talks I found a great deal of repetition of ideas and concepts in this volume which are stated much more succinctly i Renowned for the beauty and simplicity of his teachings Ajahn Chah was Thailand's best known meditation teacher His charisma and wisdom influenced many American and European seekers and helped shape the American Vipassana community This collection brings together for the first time Ajahn Chah's most powerful teachings including those on meditation liberation from suffering calming the mind enlightenment and the living dhamma Most of these talks have previously From Publishers Weekly The Buddhism practiced and preached at the monastery at Wat Pah Pong in northeast Thailand has grown in popularity in part because of its gifted leader and speaker the late Ajahn Chah This compilation of talks given by Ajahn acharya or

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