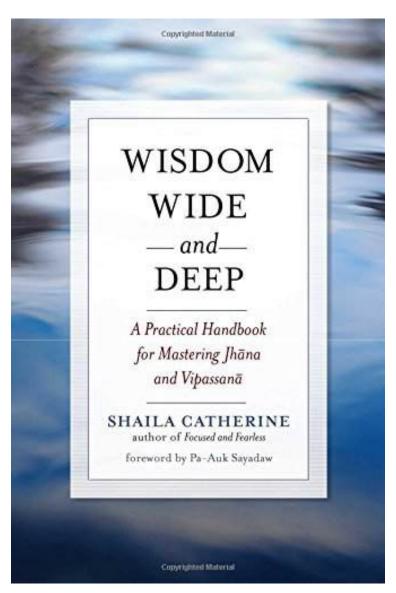
Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana







| #558194 in Books | imusti | 2011-11-15 | 2011-11-15 | Original language: English | PDF # 1 | 9.00 x 1.30 x 6.00l, 1.70 | File type: PDF | 600 pages | Wisdom Publications MA | File size: 17.Mb

By Shaila Catherine: Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana

Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana:

15 of 15 review helpful An invaluable book for anyone interested in deep states of tranquility By Stacey F Winterton This book was recommended to me by a monastic teacher when approached regarding ways to deepen my practice As a Buddhist practitioner and meditator for 9 years I felt as if my practice has plateaued My teacher immediately recommended this book as a way to increase concentration and develop insight Shai Wisdom Wide and Deep is a comprehensive guide to an in depth training that emphasizes the application of concentrated attention jhana to profound and liberating insight vipassana With calm tranquility and composure established through a practical experience of jhana meditators are able to halt the seemingly endless battle against hindrances eliminate distraction and facilitate a penetrative insight into the subtle nature of matter and mind Shaila Catherine has outlined an ancient way to train the mind in stillness and wise attention This book can be a guide for cultivating the inner calm we long for Christina Feldman author of Compassion Listening to the Cries of the World

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