

# Eight Mindful Steps To Happiness Walking The Buddha S Path

WHEN SOMEBODY SHOULD GO TO THE BOOK STORES, SEARCH CREATION BY SHOP, SHELF BY SHELF, IT IS IN POINT OF FACT PROBLEMATIC. THIS IS WHY WE PRESENT THE EBOOK COMPILATIONS IN THIS WEBSITE. IT WILL UNCONDITIONALLY EASE YOU TO LOOK GUIDE **EIGHT MINDFUL STEPS TO HAPPINESS WALKING THE BUDDHA S PATH** AS YOU SUCH AS.

BY SEARCHING THE TITLE, PUBLISHER, OR AUTHORS OF GUIDE YOU REALLY WANT, YOU CAN DISCOVER THEM RAPIDLY. IN THE HOUSE, WORKPLACE, OR PERHAPS IN YOUR METHOD CAN BE EVERY BEST AREA WITHIN NET CONNECTIONS. IF YOU PLAN TO DOWNLOAD AND INSTALL THE EIGHT MINDFUL STEPS TO HAPPINESS WALKING THE BUDDHA S PATH, IT IS VERY SIMPLE THEN, SINCE CURRENTLY WE EXTEND THE JOIN TO PURCHASE AND CREATE BARGAINS TO DOWNLOAD AND INSTALL EIGHT MINDFUL STEPS TO HAPPINESS WALKING THE BUDDHA S PATH THEREFORE SIMPLE!

**MINDFULNESS, BLISS, AND BEYOND** - BRAHM 2006-08-10

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.

**McMINDFULNESS** - RONALD PURSER 2019-07-09

A LIVELY AND RAZOR-SHARP CRITIQUE OF MINDFULNESS AS IT HAS BEEN ENTHUSIASTICALLY CO-OPTED BY CORPORATIONS, PUBLIC SCHOOLS, AND THE US MILITARY. MINDFULNESS IS NOW ALL THE RAGE. FROM CELEBRITY ENDORSEMENTS TO MONKS, NEUROSCIENTISTS AND MEDITATION COACHES RUBBING SHOULDERS WITH CEOs AT THE WORLD ECONOMIC FORUM IN DAVOS, IT IS CLEAR THAT MINDFULNESS HAS GONE MAINSTREAM. SOME HAVE EVEN CALLED IT A REVOLUTION. BUT WHAT IF, INSTEAD OF CHANGING THE WORLD, MINDFULNESS HAS BECOME A BANAL FORM OF CAPITALIST SPIRITUALITY THAT MINDLESSLY AVOIDS SOCIAL AND POLITICAL TRANSFORMATION, REINFORCING THE NEOLIBERAL STATUS QUO? IN **McMINDFULNESS**, RONALD PURSER DEBUNKS THE SO-CALLED "MINDFULNESS REVOLUTION," EXPOSING HOW CORPORATIONS, SCHOOLS, GOVERNMENTS AND THE MILITARY HAVE CO-OPTED IT AS TECHNIQUE FOR SOCIAL CONTROL AND SELF-PACIFICATION. A LIVELY AND RAZOR-SHARP CRITIQUE, PURSER BUSTS THE MYTHS ITS SALESMEN RELY ON, CHALLENGING THE NARRATIVE THAT STRESS IS SELF-IMPOSED AND MINDFULNESS IS THE CURE-ALL. IF WE ARE TO HARNESS THE TRULY REVOLUTIONARY POTENTIAL OF MINDFULNESS, WE HAVE TO CAST OFF ITS NEOLIBERAL SHACKLES, LIBERATING MINDFULNESS FOR A COLLECTIVE AWAKENING.

**EIGHT MINDFUL STEPS TO HAPPINESS** - HENEPOLA GUNARATANA 2001-06-15

THE SEQUEL TO "MINDFULNESS IN PLAIN ENGLISH" DELIVERS A SIMPLE MESSAGE: LIVING A HAPPY LIFE IS NOT A THEORY OR DREAM, BUT SOMETHING EMINENTLY PRACTICAL AND ACHIEVABLE THROUGH THE BUDDHA'S EIGHTFOLD PATH.

**THE MINDFULNESS IN PLAIN ENGLISH COLLECTION** - GUNARATANA 2017-11-28

AN ANNIVERSARY COLLECTION, PRESENTED IN A BEAUTIFUL COLLECTOR'S EDITION, OF THREE OF BHANTE GUNARATANA'S BESTSELLING CLASSICS: **MINDFULNESS IN PLAIN ENGLISH**, **THE FOUR FOUNDATIONS OF MINDFULNESS IN PLAIN ENGLISH**, AND **BEYOND MINDFULNESS IN PLAIN ENGLISH**. 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. IT IS A BEAUTIFUL AND COMPREHENSIVE RESOURCE FOR ANYONE WHO IS READY TO TAKE THEIR MINDFULNESS PRACTICE TO THE NEXT LEVEL. READERS WILL LEARN ABOUT: STRUCTURING YOUR MEDITATION DEALING WITH DISTRACTIONS MINDFULNESS VERSUS CONCENTRATION MINDFULNESS IN EVERYDAY LIFE PRACTICING MINDFULNESS OF MIND, EMOTIONS, AND BODY GOING BEYOND MINDFULNESS TO DISCOVER THE JHANAS: DEEPLY CALM, JOYOUS, AND POWERFUL STATES OF CONCENTRATION MEDITATION THAT CAN LEAD TO A LIFE OF INSIGHT AND UNSHAKEABLE PEACE AND MUCH MORE. IN A VOICE BOTH MASTERFUL AND RELAXED, THESE TEACHINGS REVEAL WHAT IT IS TO BEFRIEND THE MIND, TAKING THE READER ALL THE WAY FROM BASIC MINDFULNESS MEDITATION TO PROFOUND STATES OF FREEDOM. THE COLLECTION BRINGS TOGETHER IN A BEAUTIFUL SILVER-EMBOSSSED BINDING THREE BESTSELLING BOOKS BY BHANTE GUNARATANA: **MINDFULNESS IN PLAIN ENGLISH**, **THE FOUR FOUNDATIONS OF MINDFULNESS IN PLAIN ENGLISH**, AND **BEYOND MINDFULNESS IN PLAIN ENGLISH**.

**BUDDHA'S BRAIN** - RICK HANSON 2011-07-13

JESUS, MOSES, MOHAMMED, GANDHI, AND THE BUDDHA ALL HAD BRAINS BUILT ESSENTIALLY LIKE ANYONE ELSE'S, YET THEY WERE ABLE TO HARNESS THEIR THOUGHTS AND SHAPE THEIR PATTERNS OF THINKING IN WAYS THAT CHANGED HISTORY. WITH NEW BREAKTHROUGHS IN MODERN NEUROSCIENCE AND THE WISDOM OF THOUSANDS OF YEARS OF CONTEMPLATIVE PRACTICE, IT IS POSSIBLE FOR US TO ...

**THE PATH OF SERENITY AND INSIGHT** - HENEPOLA GUNARATANA 2016-01-01

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 MEDITATOR 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.

**TRANSFORMATION AND HEALING** - THICH NHAT HANH 2008-10-21

TRANSFORMATION AND HEALING PRESENTS ONE OF THE BUDDHA'S MOST FUNDAMENTAL

TEACHINGS AND THE FOUNDATION OF ALL MINDFULNESS PRACTICE. THE SUTRA ON THE FOUR ESTABLISHMENTS OF MINDFULNESS HAS BEEN STUDIED, PRACTICED, AND HANDED DOWN WITH SPECIAL CARE FROM GENERATION TO GENERATION FOR 2,500 YEARS. THIS SUTRA TEACHES US HOW TO DEAL WITH ANGER AND JEALOUSY, TO NURTURE THE BEST QUALITIES IN OUR CHILDREN, SPOUSES, AND FRIENDS, AND TO GREET DEATH WITH COMPASSION AND EQUANIMITY.

**THE BUDDHA'S PATH OF PEACE** - GEOFFREY HUNT 2020

IN THIS BOOK THE CORE OF THE BUDDHA'S TEACHING IS COMPREHENSIVELY CAST IN MODERN MODELS OF THOUGHT - BORROWED FROM SCIENCE AND PHILOSOPHY - AND INFORMED BY CONTEMPORARY CONCERNS. IT SETS OUT THE BASIC INSTRUCTIONS FOR THE LIFE-CHANGING WAY OF THE BUDDHA (THE SO-CALLED 'NOBLE EIGHTFOLD PATH') WHOLLY IN THE CONTEXT OF CONTEMPORARY AND EVERYDAY LIFE, PERSONAL EXPERIENCE, HUMAN RELATIONSHIPS, WORK, ENVIRONMENTAL CONCERN AND THE HUMAN WISH FOR PEACE. THE READER, WHO MAY BE COMPLETELY NEW TO BUDDHISM, IS ACCOMPANIED ALONG THE PATH WITH PRACTICAL EXERCISES THAT ARE FULLY EXPLAINED. THE PATH BEGINS WITH AN INTRODUCTORY OVERVIEW AND THEN PROCEEDS THROUGH RIGHT SPEECH, RIGHT ACTING, RIGHT LIVELIHOOD, RIGHT EFFORT, RIGHT CONCENTRATION, RIGHT MINDFULNESS, RIGHT UNDERSTANDING AND RIGHT RESOLVE, AND CONCLUDES WITH A SHORT CHAPTER ON THE RELEVANCE OF THE PATH TO THE CURRENT GLOBAL CRISIS. THE READER IS MENTORED THROUGHOUT BY PRACTICAL MEDITATIONAL AND CONTEMPLATIVE EXERCISES, WITH TABLES, DIAGRAMS, ANALOGIES AND STORIES. GRADUALLY THE READER WHO HAS FOLLOWED THIS HANDBOOK WITH COMMITMENT WILL FEEL THE BENEFITS OF GROWING PEACEFULNESS, WISDOM AND COMPASSION.

**STEPS TO LIBERATION** - GIL FRONSDAL 2018-11-15

**HOW TO WAKE UP** - TONI BERNHARD 2013-08-19

INTIMATELY AND WITHOUT JARGON, **HOW TO WAKE UP: A BUDDHIST-INSPIRED GUIDE TO NAVIGATING JOY AND SORROW** DESCRIBES THE PATH TO PEACE AMID ALL OF LIFE'S UPS AND DOWNS. USING STEP BY STEP INSTRUCTIONS, THE AUTHOR ILLUSTRATES HOW TO BE FULLY PRESENT IN THE MOMENT WITHOUT CLINGING TO JOY OR RESISTING SORROW. THIS OPENS THE DOOR TO A KIND OF WELLNESS THAT GOES BEYOND CIRCUMSTANCES. ACTIVELY ENGAGING LIFE AS IT IS IN THIS FASHION HOLDS THE POTENTIAL FOR AWAKENING TO A PEACE AND WELL-BEING THAT ARE NOT DEPENDENT ON WHETHER A PARTICULAR EXPERIENCE IS JOYFUL OR SORROWFUL. THIS IS A PRACTICAL BOOK, CONTAINING DOZENS OF EXERCISES AND PRACTICES, ALL OF WHICH ARE ILLUSTRATED WITH EASY-TO-RELATE TO PERSONAL STORIES FROM THE AUTHOR'S EXPERIENCE.

**BUDDHIST SUTTAS FOR RECITATION** - BHANTE GUNARATANA 2019-09-24

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. THE BOOK IS BOUND IN A BEAUTIFUL SYNTHETIC LEATHER MATERIAL, EMBOSSSED WITH GOLD FOIL.

**MINDFULNESS** - JOSEPH GOLDSTEIN 2016-03-01

THE MIND CONTAINS THE SEEDS OF ITS OWN AWAKENING—SEEDS THAT WE CAN CULTIVATE TO BRING FORTH THE FRUITS OF A LIFE LIVED CONSCIOUSLY. WITH **MINDFULNESS**, JOSEPH GOLDSTEIN SHARES THE WISDOM OF HIS FOUR DECADES OF TEACHING AND PRACTICE IN A BOOK THAT WILL SERVE AS A LIFELONG COMPANION FOR ANYONE COMMITTED TO MINDFUL LIVING AND THE REALIZATION OF INNER FREEDOM. GOLDSTEIN'S SOURCE TEACHING IS THE SATIPATTHANA SUTTA, THE BUDDHA'S LEGENDARY DISCOURSE ON THE FOUR FOUNDATIONS OF MINDFULNESS THAT BECAME THE BASIS FOR THE MANY TYPES OF VIPASSANA (OR INSIGHT MEDITATION) FOUND TODAY. EXQUISITE IN DETAIL YET WHOLLY ACCESSIBLE AND RELEVANT FOR THE MODERN STUDENT, **MINDFULNESS** TAKES US THROUGH A PROFOUND STUDY OF: • MINDFULNESS OF BODY, INCLUDING THE BREATH, POSTURES, ACTIVITIES, AND PHYSICAL CHARACTERISTICS • MINDFULNESS OF FEELINGS—HOW THE EXPERIENCE OF OUR SENSE PERCEPTIONS INFLUENCES OUR INNER AND OUTER WORLDS • MINDFULNESS OF MIND—LEARNING TO RECOGNIZE SKILLFUL AND UNSKILLFUL STATES OF MIND AND THOUGHT • MINDFULNESS OF DHAMMAS (OR CATEGORIES OF EXPERIENCE), INCLUDING THE FIVE HINDERANCES, THE SIX SENSE SPHERES, AND THE SEVEN FACTORS OF AWAKENING "THERE IS A WEALTH OF MEANING AND NUANCE IN THE EXPERIENCE OF MINDFULNESS THAT CAN ENRICH OUR LIVES IN UNIMAGINED WAYS," WRITES GOLDSTEIN. IN **MINDFULNESS** YOU HAVE THE TOOLS TO MINE THESE RICHES FOR YOURSELF.

**JOURNEY TO MINDFULNESS** - HENEPOLA GUNARATANA 2017-11-28

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 TSUMANI THAT STRUCK HIS HOMETOWN 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.

**EIGHT MINDFUL STEPS TO HAPPINESS** - HENEPOLA GUNARATANA 2011-08-23

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).

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**BUDDHISM PLAIN AND SIMPLE** - STEVE HAGEN 1999-04-29

THIS IS A BOOK ABOUT AWARENESS - IT'S ABOUT BEING 'AWAKE' AND IN TOUCH WITH WHAT IS GOING ON HERE AND NOW. PRACTICAL AND DOWN-TO-EARTH, IT DEALS EXCLUSIVELY WITH THE PRESENT, NOT WITH SPECULATION, THEORY OR BELIEF IN SOME FAR-OFF TIME AND PLACE. THE TEACHINGS OF THE BUDDHA ARE PLAIN AND STRAIGHTFORWARD, AND BECAUSE THEY REMAIN FOCUSED ON THE MOMENT THEY ARE JUST AS RELEVANT NOW AS THEY HAVE EVER BEEN. BUDDHISM PLAIN AND SIMPLE IS THE BOOK FOR ANYONE WANTING TO DISCOVER, OR REDISCOVER, THE ESSENCE OF BUDDHISM.

**AWAKENING THE BUDDHA WITHIN** - LAMA SURYA DAS 1998-06-15

LAMA SURYA DAS, THE MOST HIGHLY TRAINED AMERICAN LAMA IN THE TIBETAN TRADITION, PRESENTS THE DEFINITIVE BOOK ON WESTERN BUDDHISM FOR THE MODERN-DAY SPIRITUAL SEEKER. THE RADICAL AND COMPELLING MESSAGE OF BUDDHISM TELLS US THAT EACH OF US HAS THE WISDOM, AWARENESS, LOVE, AND POWER OF THE BUDDHA WITHIN; YET MOST OF US ARE TOO OFTEN LIKE SLEEPING BUDDHAS. IN AWAKENING THE BUDDHA WITHIN, SURYA DAS SHOWS HOW WE CAN AWAKEN TO WHO WE REALLY ARE IN ORDER TO LEAD A MORE COMPASSIONATE, ENLIGHTENED, AND BALANCED LIFE. IT ILLUMINATES THE GUIDELINES AND KEY PRINCIPLES EMBODIED IN THE NOBLE EIGHT-FOLD PATH AND THE TRADITIONAL THREE ENLIGHTENMENT TRAININGS COMMON TO ALL SCHOOLS OF BUDDHISM: WISDOM TRAINING: DEVELOPING CLEAR VISION, INSIGHT, AND INNER UNDERSTANDING—SEEING REALITY AND OURSELVES AS WE REALLY ARE. ETHICS TRAINING: CULTIVATING VIRTUE, SELF-DISCIPLINE, AND COMPASSION IN WHAT WE SAY AND DO. MEDITATION TRAINING: PRACTICING MINDFULNESS, CONCENTRATION, AND AWARENESS OF THE PRESENT MOMENT. WITH LIVELY STORIES, MEDITATIONS, AND SPIRITUAL PRACTICES, AWAKENING THE BUDDHA WITHIN IS AN INVALUABLE TEXT FOR THE NOVICE AND EXPERIENCED STUDENT OF BUDDHISM ALIKE.

**WILDMIND** - BODHIPAKSA 2012-02-29

MEDITATION HELPS US TO CUT THROUGH THE AGONIZING CLUTTER OF SUPERFICIAL MENTAL TURMOIL AND ALLOWS US TO EXPERIENCE MORE SPACIOUS AND JOYFUL STATES OF MIND. IT IS THIS PURE AND LUMINOUS STATE THAT I CALL YOUR WILDMIND. FROM HOW TO BUILD YOUR OWN STOOL TO HOW A RAISIN CAN HELP YOU MEDITATE, THIS ILLUSTRATED GUIDE EXPLAINS EVERYTHING YOU NEED TO KNOW TO START OR STRENGTHEN YOUR MEDITATION PRACTICE.

**THE BEGINNER'S GUIDE TO INSIGHT MEDITATION** - ARINNA WEISMAN 2010-08-17

A USER-FRIENDLY INTRODUCTION TO INSIGHT MEDITATION IS OFFERED BY A WELL-KNOWN TEACHER OF THE PRACTICE WITH THE AUTHOR OF THE POPULAR "THE BEGINNER'S GUIDE TO ZEN BUDDHISM". 25 PHOTOS.

**TRUE LOVE** - THICH NHAT HANH 2011-10-11

THE RENOWNED ZEN MASTER AND PEACE ACTIVIST INTRODUCES A BUDDHIST APPROACH TO PRACTICING AUTHENTIC LOVE IN OUR EVERYDAY LIVES IN THIS EYE-OPENING GUIDE, ZEN MONK THICH NHAT HANH OFFERS TIMELESS INSIGHT INTO THE NATURE OF REAL LOVE. WITH SIMPLICITY, WARMTH, AND DIRECTNESS, HE EXPLORES THE FOUR KEY ASPECTS OF LOVE AS DESCRIBED IN THE BUDDHIST TRADITION: LOVINGKINDNESS, COMPASSION, JOY, AND FREEDOM—EXPLAINING HOW TO EXPERIENCE THEM IN OUR DAY-TO-DAY LIVES. HE ALSO EMPHASIZES THAT IN ORDER TO LOVE IN A REAL WAY, WE MUST FIRST LEARN HOW TO BE FULLY PRESENT IN OUR LIVES, AND HE OFFERS SIMPLE TECHNIQUES FROM THE BUDDHIST TRADITION THAT ANYONE CAN USE TO ESTABLISH THE CONDITIONS OF LOVE. THICH NHAT HANH, A VIETNAMESE ZEN BUDDHIST MONK, IS AN INTERNATIONALLY KNOWN AUTHOR, POET, SCHOLAR, AND PEACE ACTIVIST WHO WAS NOMINATED FOR THE NOBEL PEACE PRIZE BY MARTIN LUTHER KING JR.

**START HERE, START NOW** - BHANTE GUNARATANA 2019-11-05

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.

**MINDFULNESS IN PLAIN ENGLISH** - HENEPOLA GUNARATANA 2011-09-06

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.

**THE NOBLE EIGHTFOLD PATH** - BODHI (BHIKKHU.) 2000

THIS BOOK OFFERS A CLEAR, CONCISE ACCOUNT OF THE EIGHTFOLD PATH PRESCRIBED TO UPROOT AND ELIMINATE THE DEEP UNDERLYING CAUSE OF SUFFERING--IGNORANCE. EACH STEP OF THE PATH IS BELIEVED TO CULTIVATE WISDOM THROUGH MENTAL TRAINING, AND INCLUDES AN ENLIGHTENED AND PEACEFUL MIDDLE PATH THAT AVOIDS EXTREMES. THE THEORETICAL AS WELL AS PRACTICAL ANGLES OF EACH OF THE PATHS--RIGHT VIEW, RIGHT INTENTION, RIGHT SPEECH, RIGHT ACTION, RIGHT LIVELIHOOD, RIGHT EFFORT, RIGHT MINDFULNESS, AND RIGHT CONCENTRATION--ARE ILLUSTRATED THROUGH EXAMPLES FROM CONTEMPORARY LIFE. THE WORK'S FINAL CHAPTER ADDRESSES THE BUDDHIST PATH AND ITS CULMINATION IN ENLIGHTENMENT.

**THE JOY OF LIVING** - YONGEY MINGYUR RINPOCHE 2008-05-27

A NEW YORK TIMES BESTSELLER! AN ILLUMINATING PERSPECTIVE ON THE SCIENCE OF MEDITATION—AND A HANDBOOK FOR TRANSFORMING OUR MINDS, BODIES, AND LIVES IN THE JOY OF LIVING, WORLD-RENOWNED BUDDHIST TEACHER YONGEY MINGYUR RINPOCHE—THE "HAPPIEST MAN IN THE WORLD"—INVITES US TO JOIN HIM IN UNLOCKING THE SECRETS TO FINDING JOY AND CONTENTMENT IN THE EVERYDAY. USING THE BASIC MEDITATION PRACTICES HE PROVIDES, WE CAN DISCOVER PATHS THROUGH OUR PROBLEMS, TRANSFORMING OBSTACLES INTO OPPORTUNITIES TO RECOGNIZE THE UNLIMITED POTENTIAL OF OUR OWN MINDS.

**THE BUDDHA'S PATH TO DELIVERANCE** - NYANATILOKA THERA 2010-12-01

THIS CLASSIC ANTHOLOGY FROM THE PALI CANON CHARTS THE ENTIRE COURSE OF SPIRITUAL DEVELOPMENT AS PRESCRIBED IN THE MOST ANCIENT BUDDHIST TEXTS. DRAWING UPON THE BUDDHA'S OWN WORDS FROM THE SUTTA PITAKA, THE COMPILER HAS ARRANGED THEM IN ACCORDANCE WITH TWO OVERLAPPING SCHEMES OF PRACTICE: THE THREEFOLD TRAINING IN VIRTUE, CONCENTRATION, AND WISDOM, AND THE SEVEN STAGES OF PURIFICATION. THE LONG CHAPTER ON CONCENTRATION PROVIDES SUTTA SOURCES FOR ALL THE FORTY CLASSICAL SUBJECTS OF MEDITATION, WHILE THE CHAPTER ON WISDOM CITES TEXTS RELATING TO THE DEVELOPMENT OF INSIGHT. THE RESULT IS A COMPREHENSIVE MEDITATION MANUAL COMPOSED ALMOST ENTIRELY FROM THE BUDDHA'S DISCOURSES, ILLUMINATED BY THE AUTHOR'S OWN BRIEF EXPLANATIONS.

**SATIPATTHA** - LAYO 2003

"THIS BOOK HELPS TO FILL WHAT HAS LONG BEEN A GLARING GAP IN THE SCHOLARSHIP OF EARLY BUDDHISM, OFFERING US A DETAILED TEXTUAL STUDY OF THE SATIPATTHA SUTTA, THE FOUNDATIONAL BUDDHIST DISCOURSE ON MEDITATION PRACTICE."--BACK COVER.

**WHAT, WHY, HOW** - BHANTE GUNARATANA 2020-01-21

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.

**BEYOND MINDFULNESS IN PLAIN ENGLISH** - HENEPOLA GUNARATANA 2009-09-08

GUNARATANA OFFERS BASIC INSTRUCTION ON THE MEANING OF INSIGHT MEDITATION THROUGH CONCEPTS THAT CAN BE APPLIED TO ANY TRADITION. HIS FOCUS HERE IS ON THE JHANAS, THOSE MEDITATIVE STATES OF PROFOUND STILLNESS IN WHICH THE MIND BECOMES FULLY IMMERSSED IN THE CHOSEN OBJECT OF ATTENTION.

**THE ATTENTION REVOLUTION** - B. ALAN WALLACE 2010-10-08

SHAMATHA MEDITATION IS A METHOD FOR ACHIEVING PREVIOUSLY INCONCEIVABLE LEVELS OF CONCENTRATION. AUTHOR B. ALAN WALLACE, AN ACTIVE PARTICIPANT IN THE MUCH-PUBLICIZED DIALOGUES BETWEEN BUDDHISTS AND SCHOLARS, HAS MORE THAN 20 YEARS' PRACTICE IN THE DISCIPLINE, SOME OF IT UNDER THE GUIDANCE OF THE DALAI LAMA. THIS BOOK IS A DEFINITIVE PRESENTATION OF HIS KNOWLEDGE OF SHAMATHA. IT IS AIMED AT THE CONTEMPORARY SEEKER WHO IS DISTRACTED AND DEFOCUSED BY THE DIZZYING PACE OF MODERN LIFE, AS WELL AS THOSE SUFFERING FROM DEPRESSION AND OTHER MENTAL MALADIES. BEGINNING BY ADDRESSING THE INHERENT PROBLEMS.

**THE HEART OF THE BUDDHA'S TEACHING** - THICH NHAT HANH 1999-06-08

WITH POETRY AND CLARITY, THICH NHAT HANH IMPARTS COMFORTING WISDOM ABOUT THE NATURE OF SUFFERING AND ITS ROLE IN CREATING COMPASSION, LOVE, AND JOY - ALL QUALITIES OF ENLIGHTENMENT. "THICH NHAT HANH SHOWS US THE CONNECTION BETWEEN PERSONAL, INNER PEACE, AND PEACE ON EARTH."—HIS HOLINESS THE DALAI LAMA IN THE

HEART OF THE BUDDHA'S TEACHING, NOW REVISED WITH ADDED MATERIAL AND NEW INSIGHTS, NHAT HANH INTRODUCES US TO THE CORE TEACHINGS OF BUDDHISM AND SHOWS US THAT THE BUDDHA'S TEACHINGS ARE ACCESSIBLE AND APPLICABLE TO OUR DAILY LIVES. COVERING SUCH SIGNIFICANT TEACHINGS AS THE FOUR NOBLE TRUTHS, THE NOBLE EIGHTFOLD PATH, THE THREE DOORS OF LIBERATION, THE THREE DHARMA SEALS, AND THE SEVEN FACTORS OF AWAKENING, THE HEART OF THE BUDDHA'S TEACHING IS A RADIANT BEACON ON BUDDHIST THOUGHT FOR THE INITIATED AND UNINITIATED ALIKE.

**THE WAY TO BUDDHAHOOD** - YIN-SHUN 2012-06-25

THE WAY TO BUDDHAHOOD IS A COMPENDIUM OF TWO THOUSAND YEARS OF CHINESE PRACTICE IN ASSIMILATING AND 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.

**A MONK'S GUIDE TO HAPPINESS** - GELONG THUBTEN 2020-08-11

A GUIDE TO MEDITATION AND MINDFULNESS FOR THE MODERN DAY IN OUR NEVER-ENDING SEARCH FOR HAPPINESS WE OFTEN FIND OURSELVES LOOKING TO EXTERNAL THINGS FOR FULFILLMENT, THINKING THAT HAPPINESS CAN BE UNLOCKED BY BUYING A BIGGER HOUSE, GETTING THE NEXT PROMOTION, OR BUILDING A PERFECT FAMILY. IN THIS PROFOUND AND INSPIRING BOOK, GELONG THUBTEN SHARES A PRACTICAL AND SUSTAINABLE APPROACH TO HAPPINESS. THUBTEN, A BUDDHIST MONK AND MEDITATION EXPERT WHO HAS WORKED WITH EVERYONE FROM SCHOOL KIDS TO SILICON VALLEY ENTREPRENEURS AND BENEDICT CUMBERBATCH, EXPLAINS HOW MEDITATION AND MINDFULNESS CAN CREATE A DIRECT PATH TO HAPPINESS. A MONK'S GUIDE TO HAPPINESS EXPLORES THE NATURE OF HAPPINESS AND HELPS BUST THE MYTH THAT OUR LIVES AND MINDS ARE TOO BUSY FOR MEDITATION. THE BOOK CAN SHOW YOU HOW TO: - LEARN PRACTICAL METHODS TO HELP YOU CHOOSE HAPPINESS - DEVELOP GREATER COMPASSION FOR YOURSELF AND OTHERS - LEARN TO MEDITATE IN MICRO-MOMENTS DURING A BUSY DAY - DISCOVER THAT YOU ARE NATURALLY 'HARD-WIRED' FOR HAPPINESS READING A MONK'S GUIDE TO HAPPINESS COULD REVOLUTIONIZE YOUR RELATIONSHIP WITH YOUR THOUGHTS AND EMOTIONS, AND HELP YOU CREATE A LIFE OF TRUE HAPPINESS AND CONTENTMENT.

**THE ISSUE AT HAND** - GIL FRONSDAL 2008-02

ESSAYS ON BUDDHIST MINDFULNESS PRACTICE. AN INSPIRING AND VERY ACCESSIBLE COMPILATION OF ESSAYS AND EDITED TALKS ON THE BUDDHIST PRACTICE OF MINDFULNESS. AS GIL FRONSDAL STATES, "THE SEARCH FOR THE ISSUE AT HAND IS THE SEARCH FOR WHAT IS CLOSEST AT HAND, FOR WHAT IS DIRECTLY SEEN, HEARD, SMELT, TASTED, FELT, AND COGNIZED IN THE PRESENT." GIL BRINGS THE PRACTICE OF MINDFULNESS NOT ONLY TO FORMAL MEDITATION BUT TO ALL THE VARYING ASPECTS OF EVERY DAY LIFE.

**THE NOBLE EIGHTFOLD PATH** - BHIKKHU BODHI 2010-12-01

THE BUDDHA'S TEACHINGS CENTER AROUND TWO BASIC PRINCIPLES. ONE IS THE FOUR NOBLE TRUTHS, IN WHICH THE BUDDHA DIAGNOSES THE PROBLEM OF SUFFERING AND INDICATES THE TREATMENT NECESSARY TO REMEDY THIS PROBLEM. THE OTHER IS THE NOBLE EIGHTFOLD PATH, THE PRACTICAL DISCIPLINE HE PRESCRIBES TO UPROOT AND ELIMINATE THE DEEP UNDERLYING CAUSES OF SUFFERING. THE PRESENT BOOK OFFERS, IN SIMPLE AND CLEAR LANGUAGE, A CONCISE YET THOROUGH EXPLANATION OF THE EIGHTFOLD PATH. BASING HIMSELF SOLIDLY UPON THE BUDDHA'S OWN WORDS, THE AUTHOR EXAMINES EACH FACTOR OF THE PATH TO DETERMINE EXACTLY WHAT IT IMPLIES IN THE WAY OF PRACTICAL TRAINING. FINALLY, IN THE CONCLUDING CHAPTER, HE SHOWS HOW ALL EIGHT FACTORS OF THE PATH FUNCTION IN UNISON TO BRING ABOUT THE REALIZATION OF THE BUDDHIST GOAL: ENLIGHTENMENT AND LIBERATION.

**EIGHT MINDFUL STEPS TO HAPPINESS** - HENEPOLA GUNARATANA 2001-06-15

FROM THE BEST-SELLING AUTHOR OF MINDFULNESS IN PLAIN ENGLISH! IN HIS CLASSIC AND ENGAGING STYLE, BHANTE GUNARATANA DELVES DEEPLY INTO THE NOBLE EIGHTFOLD PATH, THE BUDDHA'S MOST PROFOUND TEACHING ON BRINGING AN END TO SUFFERING. WITH EASY-TO-UNDERSTAND AND SPECIFIC ADVICE, EIGHT MINDFUL STEPS TO HAPPINESS OFFERS SKILLFUL WAYS TO HANDLE ANGER, FIND RIGHT LIVELIHOOD, CULTIVATE LOVING-FRIENDLINESS, AND OVERCOME 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.

**MINDFULNESS, THE PATH TO THE DEATHLESS** - SUMEDHO (AJAHN.) 1987

**THE FOUR FOUNDATIONS OF MINDFULNESS IN PLAIN ENGLISH** - HENEPOLA GUNARATANA 2012-08-07

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.

**LOVING-KINDNESS IN PLAIN ENGLISH** - HENEPOLA GUNARATANA 2017-03-14

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.

**BUDDHIST SUTTAS FOR RECITATION** - BHANTE GUNARATANA 2019-09-24

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.

**THE BEGINNER'S GUIDE TO WALKING THE BUDDHA'S EIGHTFOLD PATH** - JEAN SMITH 2007-12-18

"WRITING A 'NUTS AND BOLTS' GUIDE THAT IS GENUINELY WISE, CHARMINGLY CONVERSATIONAL, AND A PLEASURE TO READ REQUIRES A PARTICULAR TALENT, AND JEAN SMITH HAS PROVED ONCE AGAIN THAT SHE HAS IT."—SYLVIA BOORSTEIN, AUTHOR OF DON'T JUST DO SOMETHING, SIT THERE THE THIRD OF JEAN SMITH'S BEGINNER'S GUIDES FOCUSES ON THE BUDDHA'S EIGHTFOLD PATH—THE CONCEPTS CENTRAL TO PRACTICING THE BUDDHA'S TEACHINGS IN DAILY LIFE. THE EIGHT STEPS ON THE PATH ARE: RIGHT UNDERSTANDING, THOUGHT, SPEECH, ACTION, LIVELIHOOD, EFFORT, MINDFULNESS, AND CONCENTRATION. SMITH EXPLAINS EXACTLY WHAT THE BUDDHA HAD IN MIND, USING TRANSLATIONS OF HIS OWN WORDS AND THEN ELUCIDATING THEM FOR US. THROUGHOUT THE BOOK ARE WONDERFUL QUOTES FROM A BROAD RANGE OF BUDDHIST TEACHERS, GIVING A TASTE OF THE VERY BEST EACH OF THEM HAS TO OFFER. THE BEGINNER'S GUIDE TO WALKING THE BUDDHA'S EIGHTFOLD PATH IS A PRESCRIPTION FOR HAPPINESS, NOT JUST FOR OVERCOMING SUFFERING, WHICH IS HOW MANY PEOPLE THINK OF BUDDHISM. HERE IS A BOOK FOR BUDDHISTS OF EVERY TRADITION.