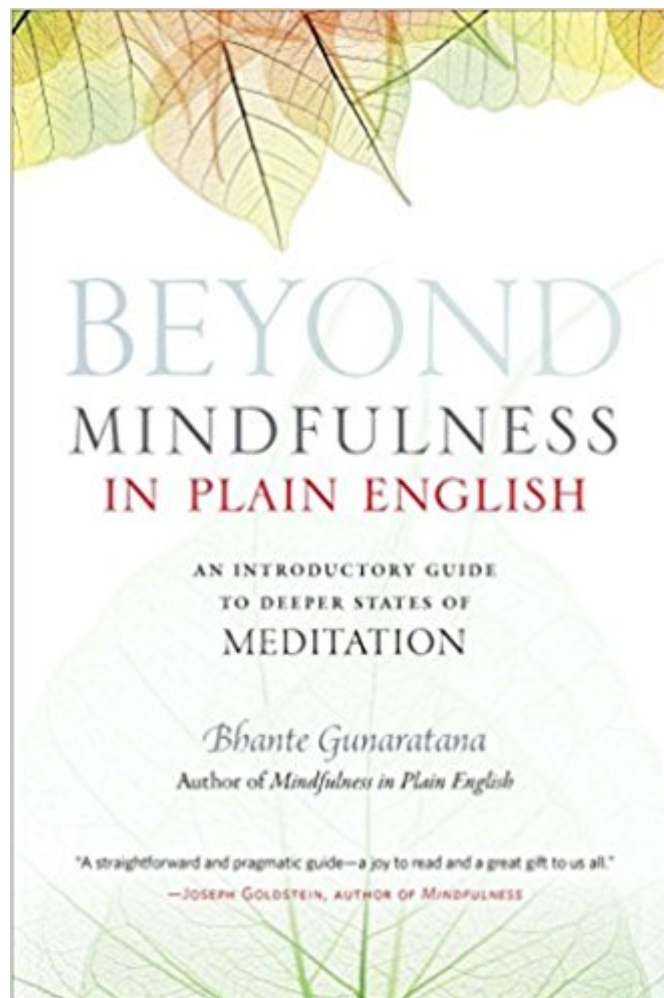




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# Beyond Mindfulness In Plain English: An Introductory Guide To Deeper States Of Meditation



## Synopsis

•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.

## Book Information

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## Customer Reviews

"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 *A Heart Full of Peace*) "Bhante Gunaratana has done it again! There is practical logic and an almost startling common sense to the explanations that lead the reader smoothly through the various stages of meditative concentration." (Ajahn Amaro, abbot of Abhayagiri Monastery) "Elegant and profound." (Matthew Flickstein, author of *The Meditator's Atlas* and *The Meditator's Workbook*) "Thoroughly grounded in the core teachings of the Buddhist path, this is a simple and clear introduction that will make these tools an accessible element in every meditator's practice. A welcome addition!" (Shaila Catherine, author of *Focused*

and Fearless)"Straight-forward and valuable." (Sharon Salzberg, author of Faith)"Excellent and highly recommended." (Noah Levine, author of Dharma Punx)"Bhante Gunaratana writes with such clarity that we are drawn in to taste stillness and joy even as we read. An inspiring book!" (Guy Armstrong, senior teacher at Spirit Rock Meditation Center)"It's been nearly two decades since the bestselling Mindfulness in Plain English was published, and this new book is a classic in the making. It shows us that having faith in the Buddha, and applying a healthy striving with sincerity and energy, will guide us towards wisdom. This does seem so achievable, as the author gives us the theory, piece by piece and voila! Mindfulness in perfect balance. Of course we have to get rid of some hindrances along the way but the goal is worth it." (Mandala)"Beyond Mindfulness in Plain English is written in an easy-to-read, easy-to-understand style that clearly seems based on the author's personal experience. Bhante Gunaratana offers a clear sense of the experience of moving from ordinary distracted mind to a strong state of concentration leading to the stages of awakening." (Inquiring Mind)

Bhante Gunaratana was ordained at the age of twelve as a Buddhist monk in Sri Lanka, earned his PhD in philosophy from The American University, and has led meditation retreats, taught Buddhism, and lectured widely throughout the United States, Canada, Europe, and Australia. Bhante Henepola Gunaratana is the president of the Bhavana Society in High View, West Virginia, where he lives.

This is a really good book. I am reading a lot about buddhism from various authors. This author is one of my favorites. I learn a lot from each of his books and I enjoy reading them.

This is the book I read after mindfulness in plain English. I thought it was good practical guide and it spoke clearly about access concentration and the Jhanas. It seemed very redundant and repetitive at times and that is why I gave it 4 instead of 5 stars. All books talk about meditation itself and that you naturally progress into Jhanas but very few gives any practical advice about how to accentuate the progression if possible. I would have liked to hear the authors experience as he crossed those landmarks in his progression rather than pure theoretical statistic of different people experiences.

Read Bhante Henepola Gunaratana's book "Mindfulness in Plain English" first, before you read "Beyond Mindfulness in Plain English." Both books are recognized classics on mindfulness, meditation and the Buddha Dhamma.

This book has taught me many things on paying attention to myself and helped me with my recovery from PTSD that I got from being in Afghanistan

After reading Mindfulness in Plain English, this gives more advice and encouragement to keep progressing in mindfulness, compassion, and happiness.

all Bhante G books are good

Good follow up read.

Excellent. Read and enjoy the philosophy that can positively change your life.

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