

Beyond Mindfulness In Plain English

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~~[Beyond Mindfulness in Plain English. An Introductory Guide to Deeper States of Meditation. By: Bhante Henepola Gunarantana , John Peddicord. Narrated by: Fajer Al-Kaisi. Series: Mindfulness in Plain English, Book 2. Length: 5 hrs and 59 mins. Categories: Health & Wellness , Alternative & Complementary Medicine.](#)~~

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~~[1 CHAPTER 1 The Concentration Path HOW MUCH FAITH DO YOU NEED? Though Buddhism is quite different from most religions, and is in some ways more akin to a kind of practical philosophy, the practices and teachings we will be exploring do come from a religious context, namely from Theravadan Buddhism.All you need to do is render the hindrances dormant. All religion depends on some kind of faith ...](#)~~

~~[1 The Concentration Path - The Wisdom Experience](#)~~

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~~[Beyond Mindfulness is for intellectually-minded seekers who are wary of the dogmas of traditional religion but are interested in mindfulness meditation. It explores our unexamined adherence to the materialistic worldview and its ignorance of the primacy of consciousness.](#)~~

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~~[bhantes trademark bhante gunaratana is also the author of eight mindfulness steps to happiness beyond mindfulness in plain english the four foundations of mindfulness in plain english and his memoir journey to mindfulness enter your mobile number or email address below and well send you a link to download the free kindle app then you can start reading kindle books on your smartphone tablet or computer no mindfulness in plain english by ven henepola gunaratana about the author preface introduction](#)~~

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~~[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.](#)~~

~~[An anniversary collection, presented in a beautiful collector's edition, of three of Bhante Gunaratana's bestselling classics. 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-Bhante G., as he is affectionately called. Bhante G. is the bestselling author of the timeless classic, Mindfulness In Plain English. This set includes: • Mindfulness in Plain English • The Four Foundations of Mindfulness in Plain English • Beyond Mindfulness in Plain English](#)~~

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~~[The author plumbs the "Eightfold Path" of Buddhism for advice on how to live life with the proper attention to understanding, thinking, speech, action, livelihood, effort, mindfulness, and concentration.](#)~~

~~[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 medita-tor 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.](#)~~

~~[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.](#)~~

~~[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.](#)~~

~~[A mindful journal for a balanced life—based on the worldwide bestseller Mindfulness in Plain English. "People ask me how to practice mindfulness in daily life—this journal answers that question." —Bhante Gunaratana Discover the transformative power of mindfulness—in your own words. Based on the classic bestseller Mindfulness in Plain English, Bhante Gunaratana offers compassionate guidance and the space to explore meditation in your own life. Explore your insights and keep track of your emotional life without judgment, and begin to change the stories you tell about yourself. Includes a brief introduction to meditation so anyone can get started right away, as well as mindfulness tips and inspiring quotes.](#)~~

~~[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 tsunami that struck his homeland 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.](#)~~

