

Mindfulness Bliss And Beyond A Meditators Handbook

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"Mindfulness, Bliss and Beyond" is a complete, stem-to-stern guide to the subject, with precise step-by-step instructions for traversing the stages of practice and overcoming obstacles. Drawing on his working-class roots, Brahm explains difficult concepts clearly and easily, so that beginners understand them, while those who already meditate gain new insight.

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Mindfulness is enough." So I went back and told Ajahn Chah, and he said: "True but not right, right but not true!" Because, ultimately, we don't need rules, just being mindful is the Way. But most of us don't start from the enlightened experience, we more or less have to use expedient means to contemplate and to develop mindfulness.

Forest Sangha Newsletter

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