

Mindfulness Bliss And Beyond A Meditators Handbook Ajahn Brahm

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Ajahn Brahm offers a careful and subtle understanding of how to transform initial difficulties and how to incline the mind toward rapture, happiness, light, and the profound steadiness of jh na. Then he turns this concentrated attention to illuminate the emptiness of self that brings liberating understanding.

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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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