

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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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.

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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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