



Beyond Mindfulness in Plain English: An Introductory guide to Deeper States of Meditation

By Bhante Henepola Gunaratana

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Editorial Review

Review

"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*)

About the Author

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.

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Armando Rodgers:

Now a day folks who Living in the era everywhere everything reachable by talk with the internet and the resources included can be true or not need people to be aware of each info they get. How a lot more to be smart in obtaining any information nowadays? Of course the answer is reading a book. Studying a book can help people out of this uncertainty Information mainly this Beyond Mindfulness in Plain English: An Introductory guide to Deeper States of Meditation book because this book offers you rich information and knowledge. Of course the information in this book hundred pct guarantees there is no doubt in it everbody knows.

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Myrtle Brown:

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