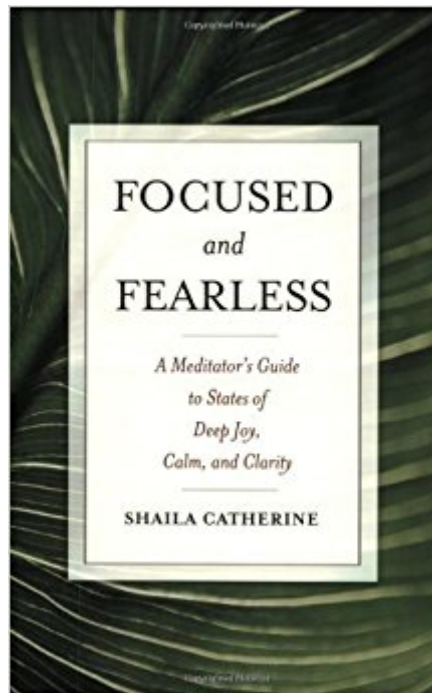


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# Focused And Fearless: A Meditator's Guide To States Of Deep Joy, Calm, And Clarity



## Synopsis

With this accessible guide, meditators (and non-meditators) can understand how to attain extraordinary states with relative ease. Blended with contemporary examples and pragmatic "how to" instructions that anyone can try, *Focused and Fearless* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to the meditative states (jhanas) that lead to liberating insight. *Focused and Fearless* is about much more than merely meditation or concentration. It offers a complete path towards bliss, fearlessness, and true awakening.

## Book Information

Paperback: 280 pages

Publisher: Wisdom Publications; First Edition edition (April 28, 2008)

Language: English

ISBN-10: 0861715608

ISBN-13: 978-0861715602

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (46 customer reviews)

Best Sellers Rank: #120,054 in Books (See Top 100 in Books) #38 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada #168 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Rituals & Practice #855 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Meditation

## Customer Reviews

*Focused and Fearless* had been extremely helpful to me long before I was introduced to Jhana practice. I must confess that I never read it methodically, cover to cover, stage by stage. The first thing I did when I got the book was to eagerly jump to the section that speaks about the four formless realms, thinking it would be fascinating and inspiring. Indeed it was! But later I realized that it was more beneficial for me to read the sections on developing mindfulness, deepening my meditation practice, and understanding of the workings of the mind. I found that it is not "just" a Jhana book, but is tremendously beneficial to all meditation practitioners. It is an excellent and necessary book for anyone who wants to transform the mind, deepen their understanding of concentration practices, and realize the Buddha's path to liberation. Both beginners and seasoned practitioners will enjoy the comprehensive "how to" guidance that author and Dharma teacher Shaila

Catherine provides. She gives methodical and thorough step-by-step instructions into the realm of deep concentration. In addition, the book is interspersed with many helpful suggestions, tools, and tips that enhance concentration and mindfulness through daily-life awareness. She offers practical instructions for working with difficult thoughts, noticing the space between things, mindful eating, wakeful walking, and much more. Reflections on the quality of our daily lives, the conditions for happiness, our relationship to pleasure, and the nature of mind broaden the scope of Focused and Fearless to encompass essential transformative insights. Watching and learning about the mind is not an easy task.

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