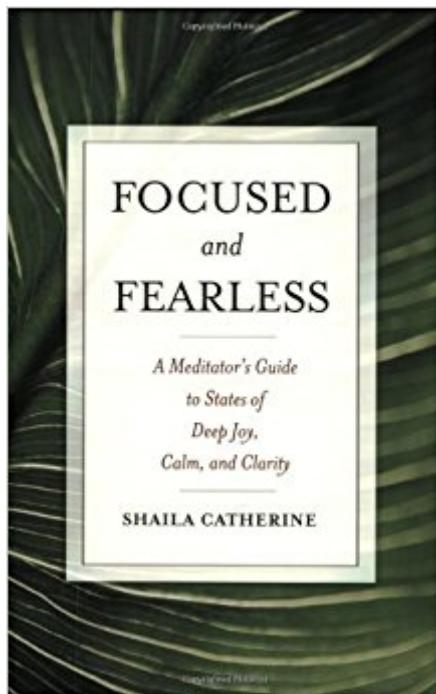


The book was found

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 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.

[Download to continue reading...](#)

Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) A Teen's Guide to Success: How to Be Calm, Confident, Focused Mindfulness, Bliss, and Beyond: A Meditator's Handbook Overcoming ADHD: Helping Your Child Become Calm, Engaged, and Focused--Without a Pill (Merloyd Lawrence Book) Deep Work: Rules for Focused Success in a Distracted World Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Cross-Stitch to Calm: Stitch and De-Stress with 40 Simple Patterns (Craft To Calm) Crochet to Calm: Stitch and De-Stress with 18 Colorful Crochet Patterns (Craft To Calm) Rays of Calm: Relaxation for Teenagers (Calm for Kids) Deep Learning: Natural Language Processing in Python with Word2Vec: Word2Vec and Word Embeddings in Python and Theano (Deep Learning and Natural Language Processing Book 1) Deep Learning: Natural Language Processing in Python with GLoVe: From Word2Vec to GLoVe in Python and Theano (Deep Learning and Natural Language Processing) Deep-Sea Anglerfish and Other Fearsome Fish (Creatures of the Deep) Deep Learning: Natural Language Processing in Python with Recursive Neural Networks: Recursive Neural (Tensor) Networks in Theano (Deep Learning and Natural Language Processing Book 3) Deep Wounds, Deep Healing Deep Learning for Business with R: A Very Gentle Introduction to Business Analytics Using Deep Neural Networks Deep Learning Step by Step with Python: A Very Gentle Introduction to Deep Neural Networks for Practical Data Science The Joy of Waltzes, Tangos and Polkas: Piano Solo (Joy Books (Music Sales)) Joy on the Job Over 365 Ways to Create the Joy and Fulfillment You Deserve Joy Of First Classics (Joy Of...Series)

[Dmca](#)