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## Mindfulness Bliss And Beyond A Meditators Handbook

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Befriending Inner Fear by Ajahn Brahm

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#mindfulness **Guided Meditation - Blissful Deep**

**Relaxation** Mindfulness Bliss And Beyond A

"Mindfulness, Bliss and Beyond" is a complete, stem-to-stern guide to the subject, with precise step-by-step instructions for traversing the stages of practice and overcoming obstacles. Drawing on his working-class roots, Brahm explains difficult concepts clearly and easily, so that beginners understand them, while those who already meditate gain new insight.

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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.

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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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