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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 --This text refers to the paperback edition.

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presents the levels of

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same simplicity and humor that made the previous book so successful. The focus here is on the Jhanas, those meditative states of profound stillness and concentration in which the mind becomes fully immersed and absorbed in the chosen object of attention.

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“A masterpiece.” —Jon Kabat-Zinn Since Mindfulness in Plain English was first published in 1994, it has become one of the bestselling — and most influential — books in the field of mindfulness. It’s easy to see why. Author Bhante Gunaratana, a renowned meditation master, takes us step

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and the practice of
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dive into the actual
practice. Just how do
we go about this thing
called meditation.

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2 Concentration and

the Jhanas.

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**Beyond Mindfulness
in Plain English on
Apple Books**

Last month my brother Luke recommended I

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read “Mindfulness in Plain English” by Ven. Henepola Gunaratana, a straightforward text that teaches Vipassana (Insight) Meditation. (That link goes to a PDF of the full book, by the way.) It looked right up my alley, so I made it a focus for February, reading a chapter per day or two.

**[Notes] Mindfulness
in Plain English -
Rebecca Rose**

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It is a beautiful and
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resource for anyone
who is ready to take
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