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The Mind Illuminated A Complete
A systematic, hands-on manual, The Mind Illuminated will be a great help to anyone who wants to completely fathom the process of meditative development in all its stages. Culadasa gives us the full conceptual framework together with complete instructions for putting it into play.

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The Mind Illuminated is an extraordinary accomplishment. Culadasa has distilled his many years of meditative practice and teaching, his deep background in Theravada and Vajrayana traditions, and his extensive knowledge of cognitive science and neuroscience to provide a unique and highly practical guidebook to meditation practice.

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The Mind Illuminated: A Complete Meditation Guide ...
The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science for Greater Mindfulness is the first comprehensive guide to Buddhist meditation for a Western audience. While sitting, open this practice guide to the stage corresponding to your current level of practice.

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Although pain and pleasure are an inevitable part of human life, suffering and happiness are entirely optional. The choice is ours. Culadasa John Yates, The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science.

Culadasa Modern Science and Buddhist Wisdom
The Mind Illuminated: A Complete Meditation Guide is just that -- a COMPLETE meditation guide. This book is a game changer for meditators, whether just beginning or those with years of experience and all points between.

The Mind Illuminated Quotes by Culadasa (John Yates)
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Book Recommendation: The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science

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The Mind Illuminated is a book which achieves exactly what it sets out to do: to be a practical guide to meditation. Culadasa (John Yates Ph.D.) comes at the subject from his unique perspective as a Buddhist and brain scientist, making the subject very accessible for people who might believe the practice is imbued with religion and mysticism.

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