

WISDOM  
WIDE  
— *and* —  
DEEP

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*A Practical Handbook  
for Mastering Jhāna  
and Vipassanā*

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foreword by Pa-Auk Sayadaw

Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana, Shaila Catherine, Wisdom Publications Inc, 2011, 086171623X, 9780861716234, 553 pages. "If you are interested in Dharma study, this book belongs in your library."---Phillip Moffitt, author of Dancing with Life "This book can be the guide for cultivating the inner calm we long for."---Christina Feldman, author of Compassion: Listening to the Cries of the World "This handbook respects both the ancient tradition and the needs of contemporary lay practitioners, without compromising either. Shaila Catherine blends scriptural references, personal examples, and timeless stories with detailed meditation instructions. The combination of pragmatic style and theoretical knowledge produces a striking invitation for the reader to apply these instructions and master the complete practice for awakening."---from the foreword by Pa-Auk Sayadaw, author of The Workings of Kamma "Catherine has managed a difficult feat---to be simultaneously encyclopedic and charming, all with extraordinary clarity. This meditation manual is a first for the West and will surely become a classic and a support for generations of practitioners."---Kate Wheeler, editor of In This Very Life: Liberation Teachings of the Buddha "Wisdom Wide and Deep is a powerful inspiration both for those who would like a glimpse of what's possible and for those intrepid explorers of the mind who want to bring these teachings to fulfillment. Highly recommended."---Joseph Goldstein, author of A Heart Full of Peace "Written in clear, practical language, this book converts theory into direct experience. It is a detailed exploration of deep calmness as well as insight. The West needs such manuals."---Christopher Titmuss, author of Light on Enlightenment "A valuable work as both a practice guide and a reference manual."---Guy Armstrong, insight meditation teacher.

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Mindfulness Yoga: The Awakened Union of Breath, Body, and Mind (Large Print 16pt) , Frank Jude Boccio, 2010, , 630 pages. Whether you have no background in meditation or yoga or have been practicing for years, Mindfulness Yogais for you. This groundbreaking book introduces an entirely new form of ....

A Meditator's Diary A Western Woman's Unique Experiences in Thailand's Monasteries, Jane Hamilton-Merritt, Oct 1, 2001, Body, Mind & Spirit, 160 pages. Recognizing how rare it is for a foreign woman to be accepted for intensive meditation instruction in one of Thailand's Buddhist temples, this extraordinary account follows the ....

Beyond Mindfulness in Plain English An Introductory Guide to Deeper States of Meditation, Bhante Henepola Gunaratana, Oct 1, 2010, Meditation, 326 pages. Countless people worldwide have made Mindfulness in Plain English a beloved and bestselling classic in almost a dozen languages. Now after nearly two decades, Bhante helps ....

The New Meditation Handbook Meditations to Make Our Life Happy and Meaningful, Kelsang Gyatso, 2009, Body, Mind & Spirit, 229 pages. Offers an introduction to meditation along with a series of twenty-one step-by-step meditations to allow practitioners to discover inner tranquility and achieve happiness ....

The State of Mind Called Beautiful , Sayadaw U. Pandita, Aug 20, 2012, Body, Mind & Spirit, . In The State of Mind Called Beautiful, Burmese meditation master Sayadaw U. Pandita lays out the breadth, depth, and wealth of the Theravadan tradition of Buddhism. Beginning ....

Minding Closely The Four Applications of Mindfulness, B. Alan Wallace, 2011, Religion, 350 pages. Bringing his experience as a monk, scientist, and contemplative, Alan Wallace offers a rich synthesis of Eastern and Western traditions along with a comprehensive range of ....

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