

FOCUSED *and* FEARLESS

*A Meditator's Guide
to States of
Deep Joy,
Calm, and Clarity*

SHAILA CATHERINE

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Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity



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With this accessible guide, meditators (and non-meditators) can learn how to attain extraordinary states with relative ease. Shaila Catherine has a friendly, wise approach to the meditative states (jhanas) that result in liberating insight. Blended with modern examples and pragmatic "how exactly to" instructions that anyone can try, Focused and Fearless offers a wealth of equipment to cultivate non-distracted attention in daily life and on retreat. It provides a complete route towards bliss, fearlessness, and accurate awakening. Concentrated and Fearless is approximately much more than merely meditation or concentration.



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For me it had been like a travel log to the amazing places you can .. Similarly, when I discussed this with fellow meditators, many appeared to experienced similar experiences, but still no one really appeared to know what they intended or how exactly to work with them. This was a remarkable book for me. I've read mainly books that are designed for the novice meditator plus they have been very helpful in establishing my practice. For me personally it was just like a travel log to the amazing areas you can proceed in the deeper levels of meditation. The author goes through the degrees of Jhana which are the levels you proceed through when closer to enlightenment. This book was intended for the advanced meditators that i am attempting to become. Because the writer's descriptions are therefore detailed and thorough I imagined myself in those locations. My biggest problem now is choosing whether to dwell in the pleasure and calm which have arisen or to focus even even more to move toward the deeper claims she describes. Focused and Fearless gets the most useful descriptions of the internal states many experience during meditation. I feel sure she'd say. Believe me: just buy it. When I'd get up the nerve to mention these states of occasionally overwhelming delight, deep happiness, and abiding peace, meditation teachers would consistently caution me not to get attached to these experiences, as if there is something bad or possibly dangerous on the subject of having them... Great Book Great direction on meditation for the significant meditator Great Book The author has extensive experience in meditation. Using her methods going forward will surely enrich my encounter and improvement in every those areas too. Shaila Catherine's publication taught me to understand the ecosystem, and showed ways I could guard, support, and nurture this inner globe. It is a reserve to be done rather than just read. I whole-heartedly recommend "Focused and Fearless" to anyone who is drawn to deepening their meditation practice. This book, in conjunction with Richard Shankman's "THE KNOWLEDGE of Samadhi" (and specifically the interview with Jack Kornfield), was completely transformative for me personally... I recommend the fantastic reserve of Daniel Ingram "Mastering the core teaching of the Buddha". I visit a specific connection to the beginning middle and end of every breath, a developing and sustaining of that connection to a growing number of detail, and at exactly the same time a concentrating to a finer and finer stage. Destination. But I didn't understand any teachers who appeared to really understand and become more comfortable with these states... Freedom Shaila Catherine explains just what to look for, how to proceed, how exactly to do it, and why.. Practicing is strictly enough... with no added fluff. She attended retreats across the world, and was a disciple of the great Papaje. Five Stars 5stars Five Stars My partner loves this publication!. When my mind wanders I see exactly which of the has faded and may clearly apply the 'best effort' to bring it back. I experienced that I tasted some of these states as the author guided me through with amazing detail as just from someone who has been now there and probably resides in these great states. While this reserve does deal with relatively advanced topics the first half is quite suitable for both newish meditators and anyone serious about deepening practice. I also learned how these claims could be useful in helping me to (at least temporarily) loosen the hold of greed, hatred, and delusion in my life, also to recognize the transient character of all things, including who I am.. The jhana says described in the latter half still elude me but reading about them in the words of 1 who has obviously been there serves as a signpost, a billboard, to where I am heading. This inspiration alone is priceless. The process of concentration has been completely explained and is practical and accessible. How do my heart/brain thank her plenty of for writing this clear guide to the neighborhood? Shaila Catherine's "Focused and Fearless" was a centrally important book in the advancement of my understanding and practice of meditation beginning back in 2010 when I first read it. It really is

in my top 5 books on meditation, currently at #2. Though the focus is focus (shamatha), she never ignores the insights (vipassana) that are the real point of it all. A Meditation Road Map for the Mind.....I today liken those early explorations in meditation to strolling around on a lovely mountainside with interesting and charming springs, flora, and fauna, but with no a map or knowing anything on the subject of the natural history of the area. This book provides helped mature my practice from years of a loosey, goosey, "bring your attention to the breath then softly bring it back when it wanders" sort of thing to 1 of true intention and focus. Scanning this book is definitely a continuous reminder that FREEDOM IS TRULY POSSIBLE. That said, I hoped to see more detailed description of Insight practice.. A rare masterwork Such a clear roadmap and manual for the territory of Buddhism that equals mindfulness but gets nowhere near its press: the ever-deepening states of focus and absorption (the jhanas). This publication has recently enriched my knowledge of every other type of seated and shifting meditation I go after. Metaphorically, the discovery of "Focused and Fearless" was for me, after 40 years of searching, a map and a natural history, giving me a vocabulary and descriptions of territory I experienced already come to love and value in my feeble way. It was the very first time I had read candid and detailed personal descriptions of deep meditative claims similar from what I (like many of my friends) had serendipitously discovered when I first began practicing meditation (some 40 years previous in my case). book has deepened my meditation practice considerably profoundly helpful material that has changed my meditation practice, particularly when I read any section beforehand.. Extremely detailed and pragmatic. This is a fantastic book on meditation with practical steps and detailed explanations. It will require me a couple of years to do all that, it's a whole lot of work! I today clearly discern three qualities of concentration.



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