

Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana

By Shaila Catherine

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Wisdom Wide and Deep is a comprehensive guide to an in-depth training that emphasizes the application of concentrated attention (*jhana*) to profound and liberating insight (*vipassana*). With calm, tranquility, and composure established through a practical experience of jhana meditators are able to halt the seemingly endless battle against hindrances, eliminate distraction, and facilitate a penetrative insight into the subtle nature of matter and mind. It was for this reason the Buddha frequently exhorted his students,

Wisdom Wide and Deep follows and amplifies the teachings in Shaila Catherine's acclaimed first book, *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Readers will learn to develop this profound stability, sustain an in-depth examination of the nuances of mind and matter, and ultimately unravel deeply conditioned patterns that perpetuate suffering. This fully detailed manual for the mind sure to become a trusted companion to many inner explorers.

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Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana By Shaila Catherine Bibliography

- Sales Rank: #490370 in Books
- Brand: imusti
- Published on: 2011-11-15
- Released on: 2011-11-15
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x 1.30" w x 6.00" l, 1.70 pounds
- Binding: Paperback
- 600 pages

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Editorial Review

Review
"Shaila Catherine has outlined an ancient way to train the mind in stillness and wise attention. This book can be a guide for cultivating the inner calm we long for." (Christina Feldman, author of Compassion: Listening to the Cries of the World)

"*Wisdom Wide and Deep* is a clear and comprehensive account of a path of meditation leading to profound levels of concentration and insight." (Guy Armstrong, teacher at Spirit Rock Meditation Center)

"Shaila's new book converts theory to practice, ideas to application, knowledge about meditation to direct experience. She has written a manual in clear, practical language. The West needs such manuals." (Christopher Titmuss, author of Mindfulness for Everyday Living)

"If you are interested in dharma study, then Shaila's book belongs in your library." (Phillip Moffitt, author of Dancing With Life)

"This book 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 and One Dharma: The Emerging Western Buddhism)

"Catherine has managed a difficult feat--to be simultaneously encyclopedic and charming." (Kate Wheeler, editor of In This Very Life: Liberation Teachings of the Buddha)

About the Author
Shaila Catherine has been practicing meditation since 1980, with more than eight years of accumulated silent retreat experience. She has taught insight meditation since 1996 in the U.S. and internationally. Shaila has dedicated several years to studying with masters in India, Nepal and Thailand, completed a one-year intensive meditation retreat with the focus on concentration and jhana, and authored *Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity*. Shaila Catherine has practiced under the guidance of Venerable Pa-Auk Sayadaw since 2006; she authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana* to help make this traditional approach to meditative training accessible to Western practitioners. She is the founder of Insight Meditation South Bay, a Buddhist meditation center in Silicon Valley. Lectures, articles, and additional resources can be found atwww.imsb.org.

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