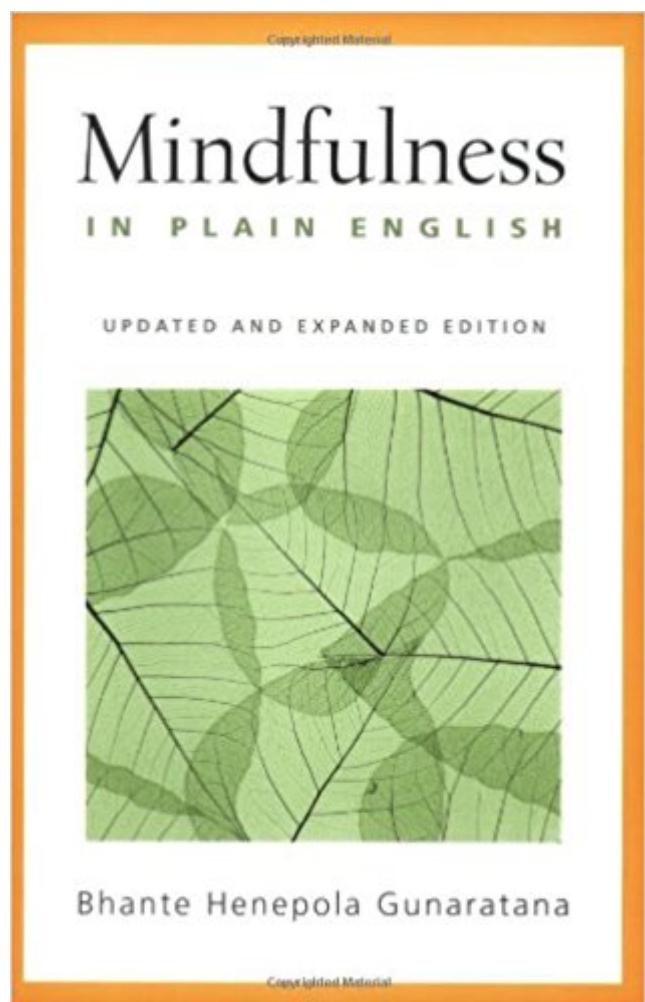


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# Mindfulness In Plain English: Revised And Expanded Edition



## **Synopsis**

With his distinctive clarity and wit, "Bhante G" takes us step by step through the myths, realities, and benefits of meditation and the practice of mindfulness. We already have the foundation we need to live a more productive and peaceful life; Bhante simply points to each tool of meditation, tells us what it does, and how to make it work. This expanded edition includes the complete text of its bestselling predecessor, as well as a new chapter on the cultivation of loving kindness, an especially important subject in today's world.

## **Book Information**

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## **Customer Reviews**

One third of what you will learn about meditation will come from your teachers and your fellow class and retreat meditators; one third from yourself on your own patient journey - and one third from a good book. That book will sometimes seem the least important third, sometimes the most important part. Having read a shelf full, I find, Mindfulness in Plain English, to be the best available how to meditate guide - it is well written, clear, graceful and it covers all the issues tackled elsewhere. But it leaves out much advice that would have made it much better. 90% of those starting a meditation class drop out - meditation teachers such as Gunaratana rarely seek to find out why and so the small things that get in the way of even the most determined intentions. A good meditation book must tackle them - and Gunaratana like every writer does so only partially. Here is a list of a few of things that could be added. A beginner requires equipment to handle the 20, 30 or 40 minute duration of their meditation -- for example, a timer used in cooking (under something to dim its

unpleasant alarm sound), or a CD burnt with silent tracks that end with one of bells. After a few months, time can be estimated by looking at a watch but in the initial days such checking just adds an additional and an unnecessary burden. Ear plugs (motor cyclist shops and internet sites are a good source), or ear muffs (internet sites again check for Bilsom or Peltor brands) might be an idea. Again after a few months, distracting sounds of kids, power tools, TVs in other rooms etc are not a problem, and can even add to the practice, but in the initial stages they add that extra difficulty.

Okay, I only gave this 4 stars because there were parts of it where I'd have much appreciated even more information and explanation. That said, I will admit that some of those parts dealt with processes that are hard to explain adequately in a book. But I still sat there at times thinking, "what? how, precisely, do I do that?" For example, in the section on dealing with problems that crop up during meditation, the author advises the reader to deal with physical pain by relaxing tensed muscles one by one, doing so very thoroughly. Now, that may sound simple to you. Perhaps I'm a dolt. I dunno. But I haven't a clue how to relax each muscle one at a time. I'm constantly amazed to find I have muscles where previously I thought I had none. ;-) I'm supposed to accomplish this muscle relaxation strictly through thought processes? Okay, I believe that's possible, but what do I do? Ack. Right after that, the author advises the reader to continue by going after the mental resistance next. Now, to be fair, the author admits there are no human words to precisely explain this process. And I feel in my gut that he's right, but I'm disgustingly literal and really require precision in explanation in order to think I can get my head around something new and challenging. Have I turned you off? If so, let me now say that I LOVE this book. I've never read anything that so clearly was written to help someone understand how to meditate for insight. The writer takes great care to explain the process as much as he is able to. The stuff that he doesn't explain--well, it's just not enough of a factor to make me dislike this book.

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