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This book is a treat to read., Focused and Fearless is a beautifully written introduction to jhana meditation that demonstrates the importance and necessity of deep concentration., This is a 'user-friendly' concentration book. Through practical exercises and clear examples, Shaila

makes the ancient wisdom of the jhanas accessible to all.

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Focused and Fearless. A Meditator's Guide to States of Deep Joy, Calm and Clarity. By Shaila Catherine. Focused and Fearless offers the richness of an ancient meditative tradition as interpreted through the practice of a contemporary American laywoman. This orientation represents a landmark shift in Theravadan Buddhism by bringing jhana into the reach of ordinary, busy practitioners.

Focused and Fearless

Focused and Fearless speaks to ordinary

meditators who wish to attain non-ordinary states with ease. It offers a creative and contemporary slant to this ancient path of happiness and wisdom. Blended with contemporary examples, pragmatic exercises, and “how to” instructions that anyone can try, this book provides a wealth of tools to cultivate non-distracted attention in daily life and retreat.

Book - Focused and Fearless - Insight Meditation South Bay

Focused and Fearless not only contains an exhaustive and detailed analysis of concentration meditation (as well as its relationship to insight!), but it ALSO makes it possible for

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Focused and Fearless : A Meditator's Guide to States of ...

With this accessible guide, meditators (and non-meditators) can understand how to attain extraordinary states with relative ease. Blended with

contemporary examples and pragmatic “how to” instructions that anyone can try, *Focused and Fearless* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat.

Focused and Fearless - The Wisdom Experience

Shaila Catherine.
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 ...*