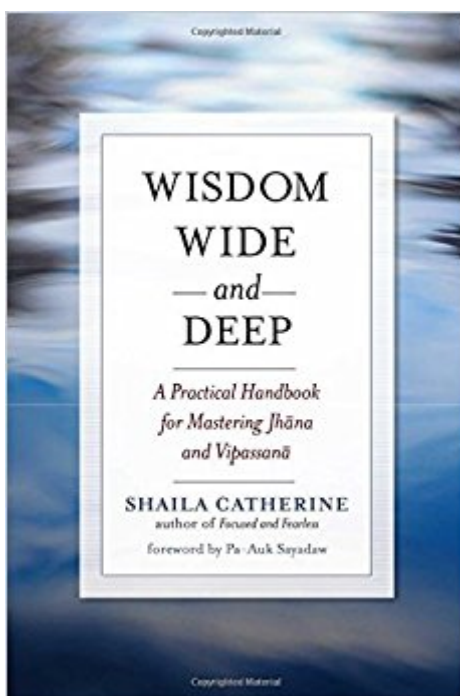


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# Wisdom Wide And Deep: A Practical Handbook For Mastering Jhana And Vipassana



## Synopsis

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.

## Book Information

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## Customer Reviews

"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*)

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 at [www.imsb.org](http://www.imsb.org).

This book was recommended to me by a monastic teacher when approached regarding ways to deepen my practice. As a Buddhist practitioner and meditator for 9 years, I felt as if my practice has plateaued. My teacher immediately recommended this book as a way to increase concentration and develop insight. Shaila Catherine has written a clear and concise manual that is enjoyable to read. By following the instructions in this book I was able to tremendously deepen my concentration, increase my tranquility, and experience never before known states of bliss and joy. This is a must read for anyone interested in deepening their meditation practice. I am very grateful that Shaila Catherine was inclined to write it and that my teacher was inclined to recommend it.

I first met Pa Auk Sayadaw, in 2005, I was touring Burma and my eventual destination was to go to do a long retreat with another teacher of a different tradition. I was immediately struck by Sayadaw's great compassion, his extensive lovingkindness, and profound practical and theoretical wisdom in the practice of the Buddha Dhamma teachings. I have been a long term student of Buddhism since

the mid seventies, have studied, meditated and been fortunate enough to meet many great teachers. Having been of the school of the emphasis on vipassana meditation as against samatha, that is the view, being samatha will come when one practices vipassana in a diligent manner. My attraction to Sayadaw therefore was not as much what he taught, which was an emphasis on the development of samatha prior to doing deep vipassana meditation but his very essence as a monk, practitioner, and just basically who he was. I left from my meeting with Sayadaw with this strong impression, I went off to do my retreat elsewhere as planned at the other monastery, as they were expecting me. I lasted there just over twenty four hours, as the pull to return to Sayadaw was so strong. Since this time I have done many retreats with Sayadaw, and have grown more and more to appreciate his emphasis on samatha. Shaila has been on a number of these retreats, I have always been very impressed by her focus and extreme diligence in her meditation practice. She has made great progress under Pa Auk Sayadaw, and this latest book is a testimony to this fact, not only does it provide a clear and concise road map of Sayadaw's teachings for current practitioners, which I must say was sorely lacking in a readable every day language, but it will no doubt be an inspiration for many future generations of Buddhist practitioners. I thank Shaila for her efforts and immensely rejoice in her kind efforts to share what she has learned with others.

Shaila Catherine's handbook on Jhana is detailed, authoritative and complete with specific meditation exercises and illustrative commentary. It is the perfect companion volume to Pa-Auk Sayadaw book of teachings on jhana Seeing and Knowing.

very good advise for a happy life.

5stars

Shaila Catherine is the Real Deal in Dharma, and this book is meant for dedicated practitioners who will not be daunted by seeing the vast distance to be covered in the spiritual journey. This is not a book for spiritual window shoppers, but rather for those who wish to achieve mastery of the mind and the wisdom that comes from seeing clearly, free of all defilements. No book, or collection of books, can eliminate the need for sangha and an ongoing relationship with a luminous teacher, but this book is a valuable jewel, and will be treasured by those willing to not only read about the work but actually do it.

Tries to cover too much. May be better to simply concentrate on your breath during the amount of time it takes to swim through this book and the endless instructions, however valid they may all be.

An incredibly valuable book for serious mindfulness practitioners. Backed by an enormous amount of research, *Wisdom Wide and Deep* presents in-depth detail on important meditation practices, and mindfulness in general. It is written with clarity by a guide who obviously has directly toured the path "deep and wide," and has the dedication to share this valuable information.

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