



The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science

By Ph.D.) Culadasa (John Yates, Matthew Immergut PhD, Jeremy Graves



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Providing step-by-step guidance for every stage of the meditation path, this uniquely comprehensive guide for a Western audience combines the wisdom from the teachings of the Buddha with the latest research in cognitive psychology and neuroscience. Clear and friendly, this in-depth practice manual builds on the nine-stage model of meditation originally articulated by the ancient Indian sage Asanga, crystallizing the entire meditative journey into 10 clearly-defined stages. The book also introduces a new and fascinating model of how the mind works, and uses illustrations and charts to help the reader work through each stage. This manual is an essential read for the beginner to the seasoned veteran of meditation and can be read from front to back, or used as a reference guide, choosing chapters as needed based on the current state of the reader's practice.



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Editorial Review

Review

“A systematic, hands-on manual, The Mind Illuminated will be a great help to anyone who wants to completely fathom the process of meditative development in all its stages. Culadasa gives us the full conceptual framework together with complete instructions for putting it into play. In largely Western language, with help from wonderful images and diagrams, this book brings the path of meditation to life.”
—Sharon Salzberg, author, Real Happiness

“[Culadasa] takes me through the science of the practice straight to the adventure of sitting, and offers context through sustainable, practical applications and tools. This book is full of wisdom, story, and creativity, and I'll be glad to have it as a reference for many years to come.” —Elena Brower, author, Art of Attention

“This book is a rare and valuable treasure, providing a detailed, step-by-step account of how meditation practice progresses. Culadasa is the real deal, a living adept with decades of experience.” —Shinzen Young, author, Beginner's Guide to Meditation

“Essential reading for anyone interested in meditative development from any tradition. At once comprehensive and also very easy to read and follow in practice, this is the most thorough, straightforward, clear, and practical guide to training the mind that I have ever found. A remarkable achievement.” —Daniel Ingram, M.D., author, Mastering the Core Teachings of the Buddha

“In a time where meditation and its twin sister, mindfulness, have become the fads du jour, Culadasa gives us the real deal in this encyclopedic handbook. If you're serious about meditation, The Mind Illuminated should be on your bookshelf.” —Lama Marut, author, A Spiritual Renegade's Guide to the Good Life

“With wisdom, clarity and grace, Culadasa has written an invaluable manual for awakening. I believe this book will become one of the "Top 10 Must Reads" for anyone on the spiritual path for years to come. Helpful for beginning meditators, and valuable for advanced meditators who are already committed to meditation but have not yet experienced the fruits of consistent practice.” —Stephanie Nash, mindfulness coach and integrative counselor

This book does an outstanding job of both constructing a cognitive theory of how the mind works and presenting a detailed handbook for learning and mastering meditation. The result is a beautiful integration of theory and practice, whose parallel strands lead to experientially, and account for conceptually, the radical shift in consciousness we call awakening.” —Richard P. Boyle, author, Realizing Awakened Consciousness

About the Author

Culadasa (John Yates, PhD), is the director of Dharma Treasure Buddhist Sangha in Tucson, Arizona and was a teacher of physiology and neuroscience. He has been ordained as an Upasaka (dedicated lay-practitioner) and has received ordination in the International Order of Buddhist ministers in Rosemead, California. He lives in Pearce, Arizona. **Matthew Immergut, PhD** is an associate professor of sociology. He is a longtime meditator and a dedicated student of Culadasa. He lives in Woodstock, New York. **Jeremy Graves** is a student of Culadasa and has accumulated roughly a year-and-a-half of extended retreat time under his teacher's mentorship. His approach to Buddhist practice combines the insights of science, art, and devotional practice. He lives in Laguna Beach, California.

Users Review

From reader reviews:

Lanita Hill:

Nowadays reading books become more and more than want or need but also get a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book which improve your knowledge and information. The information you get based on what kind of reserve you read, if you want have more knowledge just go with schooling books but if you want sense happy read one with theme for entertaining for instance comic or novel. The particular The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science is kind of publication which is giving the reader capricious experience.

Robert Bartlett:

Reading a book can be one of a lot of activity that everyone in the world likes. Do you like reading book thus. There are a lot of reasons why people fantastic. First reading a e-book will give you a lot of new details. When you read a reserve you will get new information since book is one of several ways to share the information or perhaps their idea. Second, examining a book will make you actually more imaginative. When you looking at a book especially fictional book the author will bring you to imagine the story how the figures do it anything. Third, you may share your knowledge to others. When you read this The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science, you could tells your family, friends as well as soon about yours book. Your knowledge can inspire others, make them reading a guide.

Robert Bell:

A lot of people always spent their particular free time to vacation or perhaps go to the outside with them loved ones or their friend. Do you know? Many a lot of people spent these people free time just watching TV, or even playing video games all day long. In order to try to find a new activity honestly, that is look different you can read some sort of book. It is really fun for you personally. If you enjoy the book that you just read you can spent 24 hours a day to reading a publication. The book The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science it doesn't matter what good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. When you did not have enough space to create this book you can buy typically the e-book. You can m0ore very easily to

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Donald Diaz:

In this time globalization it is important to someone to find information. The information will make anyone to understand the condition of the world. The health of the world makes the information simpler to share. You can find a lot of recommendations to get information example: internet, magazine, book, and soon. You can see that now, a lot of publisher that will print many kinds of book. Typically the book that recommended for your requirements is The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom and Brain Science this reserve consist a lot of the information in the condition of this world now. This kind of book was represented how does the world has grown up. The dialect styles that writer require to explain it is easy to understand. The actual writer made some investigation when he makes this book. That is why this book ideal all of you.

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