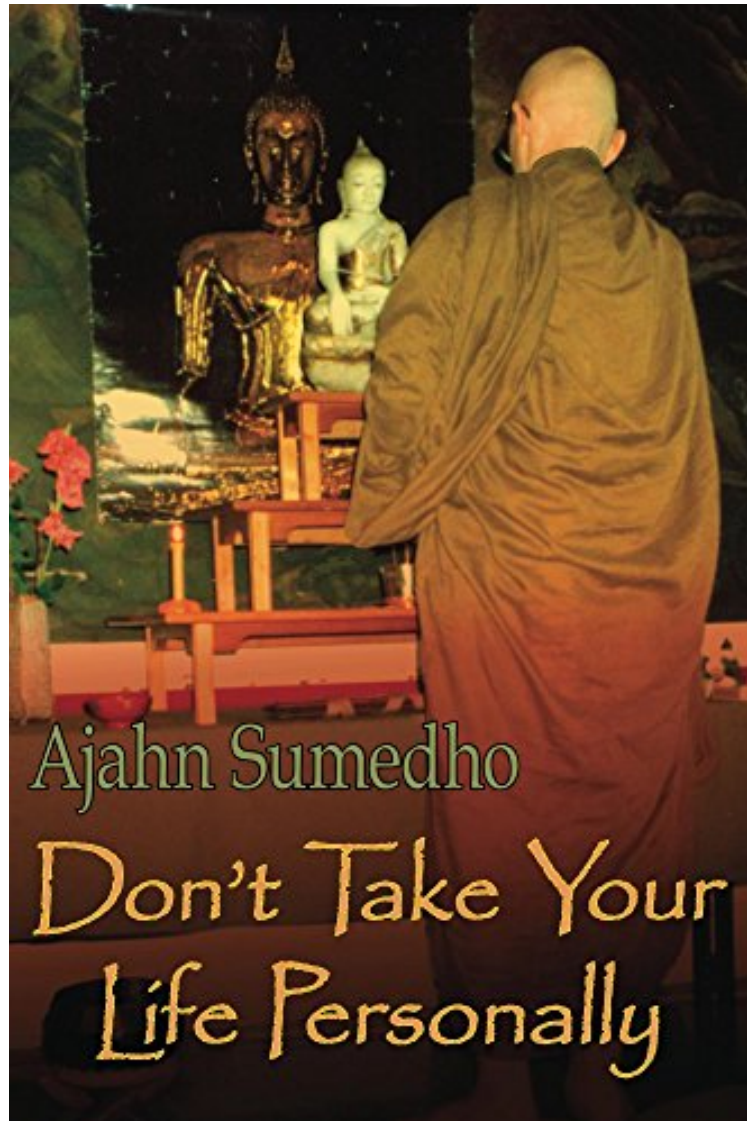


(Free pdf) Don't Take Your Life Personally (English Edition)

## Don't Take Your Life Personally (English Edition)

Von Ajahn Sumedho

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**Von Ajahn Sumedho : Don't Take Your Life Personally (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Don't Take Your Life Personally (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Helpful Buddhist advice from experienceVon Nicola HernadiAjahn Sumedho has adopted the warmhearted way of his unique teacher Ajahn Chah. His western upbringing and cultural background obviously meant no hindrance to sincerely follow the ancient techniques of developing insight and wisdom taught by Buddha. His presentation in combination with narrative descriptions of his own experience encourages to apply them in ones own life. The book is suitable for any

open-minded reader interested in Buddhist meditation and views. The humble humour and meaningful advice for improving ones attitudes in everyday-life will serve as a source of help for a long time gain and again. A book for a life-time.

KurzbeschreibungAjahn Sumedho urges us to trust in awareness and find out for ourselves what it is to experience genuine liberation from mental anguish and suffering, just as the Buddha himself did two and a half thousand years ago. Ajahn Sumedho, an American Buddhist monk, practised for ten years in Thailand with the well known monk, Ajahn Chah. He has since spent over thirty years in England and is the founder of the Cittaviveka Forest Monastery in West Sussex and the Amaravati Buddhist Monastery in Hertfordshire. Mindfulness or awareness is knowing. It is a direct knowing, immanent here and now. It is being fully present, attentive to this present moment as is. But defining mindfulness tends to make it into something and then it is no longer mindfulness. Mindfulness is not a thing; it is a recognition, an intuitive awareness; it is awareness without grasping. KurzbeschreibungAjahn Sumedho urges us to trust in awareness and find out for ourselves what it is to experience genuine liberation from mental anguish and suffering, just as the Buddha himself did two and a half thousand years ago. Ajahn Sumedho, an American Buddhist monk, practised for ten years in Thailand with the well known monk, Ajahn Chah. He has since spent over thirty years in England and is the founder of the Cittaviveka Forest Monastery in West Sussex and the Amaravati Buddhist Monastery in Hertfordshire. Mindfulness or awareness is knowing. It is a direct knowing, immanent here and now. It is being fully present, attentive to this present moment as is. But defining mindfulness tends to make it into something and then it is no longer mindfulness. Mindfulness is not a thing; it is a recognition, an intuitive awareness; it is awareness without grasping.