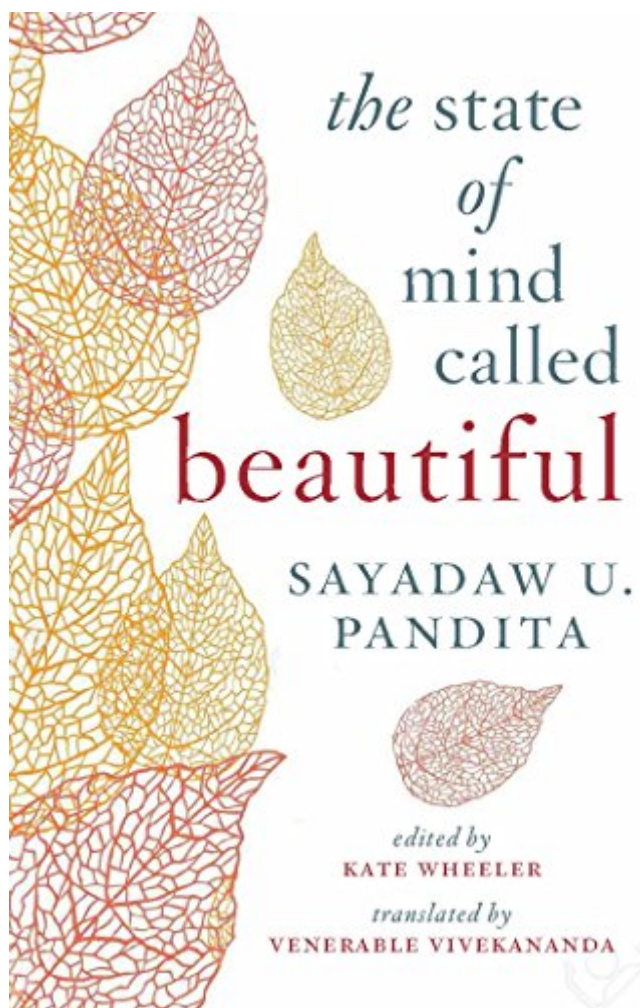


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# The State Of Mind Called Beautiful



## Synopsis

Thorough guidance from one of the twentieth-century's most influential Theravadan masters. In *The State of Mind Called Beautiful*, meditation master Sayadaw U Pandita lays out the breadth, depth, and wealth of the Theravadan tradition of Buddhism. U Pandita begins with the basic guidelines of Buddhism and moves on to various practices: those that can be done for one minute a day, those that sweeten and strengthen the mind, those that heal societies and families, and those that lead to liberation. This book features complete teachings on vipassana or insight meditation, from how to do it; how to refine it; how to deal with difficulties; and how to develop mindfulness, wisdom, patience, and practice itself. A helpful question-and-answers section provides an invaluable resource for newcomers and established practitioners alike. Lastly, both Pali-to-English and English-to-Pali glossaries are included, ensuring that readers easily master the meanings of important terms. This 2017 edition includes new forewords from Jake Davis and Andrew Scheffer.

## Book Information

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## Customer Reviews

Book worth price.

My 16 year old son loves this book...

Simple straightforward Knowledge, Peace of Mind is nice to have!!!

The first joint venture between Kate Wheeler and Sayadaw U Pandita, *In This Very Life*, is one of my favorite books of all time. It has enhanced my personal practice considerably, so much so that I reached the second vipassana jhana simply by practicing at home. I realize it is considered unwise to discuss meditation attainments, but this being an anonymous review, I feel comfortable doing so. What the books and teachers say is all true-- the bright lights, the vibrations, the bliss-- it was the most amazing and meaningful experience I've ever had in my entire life, even though it's only one of the early jhanas. It certainly isn't enlightenment, though, and as I progressed in my practice, I realized that it is an error to cling to these fascinating and unusual experiences. The path of simple noting, as U Pandita says, is the way forward. At any rate, I read *In This Very Life* from cover to cover many times, sometimes two or three times a week. Perhaps I was a little obsessed. I wanted more of U Pandita, but was saddened to find that there really isn't much else out there. You can imagine my surprise when I discovered this book, also edited by Kate Wheeler, based on talks given in 2003 to dedicate IMS's new Forest Refuge. Kate Wheeler's preface is worth the price of the book alone. It was beautifully written. She recounts the first retreat with U Pandita at IMS, and I found myself chuckling at some of the anecdotes. A light is shown on U Pandita as a man, not just as a teacher. Much of the book is taken up by chapters 4 and 5, which deal with satipatthana vipassana meditation. If you've read *In This Very Life*, you will find that these chapters do not contain much new information. However, there is more to this book than that. U Pandita discusses two of the four guardian meditations, the recollections of the virtues of the Buddha (buddhanussati) and developing lovingkindness (metta). The chapter on metta also delves into the other sublime abodes-- compassion, sympathetic joy, and equanimity. U Pandita mentions that these positive qualities can be used to develop the jhanas, but in true Burmese fashion, doesn't go much farther than that. There is a question and answer section with U Pandita at the end of the book, which I found illuminating. The only thing I disliked was that U Pandita initially mentions four guardian meditations-- recollecting the virtues of the Buddha, lovingkindness, death awareness, and recollecting the parts of the body-- but only the first two meditations are explored. Perhaps U Pandita did not talk about the latter two during the retreat. All in all, I'd say this is another must-read from U Pandita and Kate Wheeler. Five stars.

I knew that Mingun Sayadaw used "Sitting, Touching" noting from this book. And that helps my practice very much! It's a compact book but have various tips in daily practice.

A broad description of Theravada teachings in U Pandita's Burmese tradition, little new ground though compared to his other works.

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