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Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana

Shaila Catherine

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Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana

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Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana Shaila Catherine *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.

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