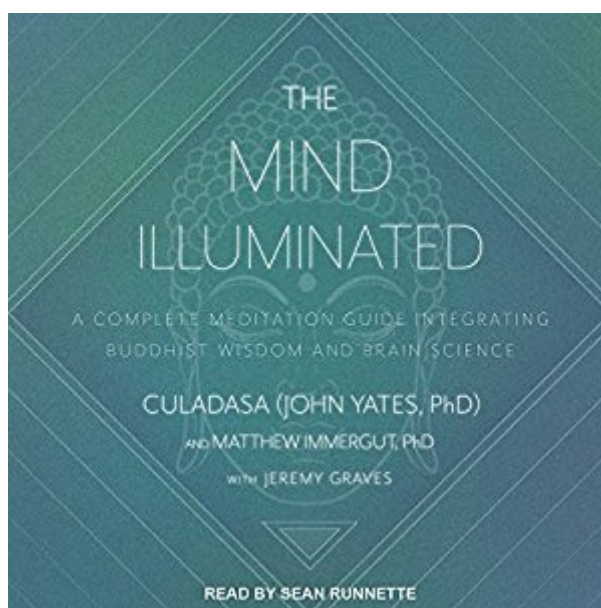


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# The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom And Brain Science



## Synopsis

The book that best-selling meditation teacher Sharon Salzberg raves "brings the path of meditation to life", *The Mind Illuminated* is the first how-to meditation guide from a neuroscientist who is also an acclaimed meditation master. This innovative book offers a 10-stage program that is deeply grounded in ancient spiritual teachings about mindfulness and holistic health and also draws from the latest brain science to provide a road map for anyone interested in achieving the benefits of mindfulness. Dr. John Yates offers a new and fascinating model of how the mind works, including steps to overcome mind wandering and dullness, extending your attention span while meditating, and subduing subtle distractions. This groundbreaking manual helps you work through each stage of the process, offering tools that work across all types of meditation practices. *The Mind Illuminated* is essential listening, whether you are a beginner wanting to establish your practice or a seasoned veteran ready to master the deepest state of peace and mindfulness.

## Book Information

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## Customer Reviews

In trying to write a proper review for this book, it's first worth noting that this stands as a masterpiece of knowledge that has quite literally changed my life. It's not often that I'll read a book twice, but for this one I'm certain I'll be re-reading it for years to come. To be fair, I've not read many other books in this area, but I'm sure that I've somehow stumbled onto one of the best in its class. I should start out by saying that I'm not a Buddhist, and quite frankly have developed a degree of skepticism and disappointment for all religions of the world. In saying that I'm not an atheist by any means, but

really a seeker of the ultimate universal truth. Culadasa (and team) are able to guide the reader through a very thoughtful process of how to understand your own consciousness, where one's actual understanding of truth are compiled. Indeed, I've taken college level classes on neuroscience, and heard more than once that we know where all the components of your mind are located (emotions, memory, anger, happiness, etc.), but consciousness has no actual locus. This book takes you on a journey in the attempt to understand what that means, and ultimately provides one of the best articulations I have ever read on describing the conscious mind. How can doing something so simple, like paying attention to one thing (i.e. breathing) for an extended period of time be so profound? How can this process cause so much turmoil as your entire belief system is turned upside down? And finally, how does this result in answering some of the deepest questions that have swirled around in your mind from as long as you can remember? As I began a practice of meditation using techniques outlined in the book, there were questions and thoughts that were followed by more questions and thoughts. I was (and still am) amazed at how thoroughly everything is addressed in complete detail. In fact, I went through something quite traumatic that's referred to as "The Dark Night of the Soul". It's ultimately caused when you come to the realization your whole concept of self is something fabricated in the mind. I went through a crisis of sorts, as the ego tried to hang onto its tenuous moorings in consensus reality. In letting go of the ego so to speak, and beginning the process of unifying the many components of the mind into one cohesive process has brought about an inner peace with clarity and focus like I've never had before. I'm convinced that this is just the beginning of something more profound as the journey unfolds. I originally had just the Kindle version, but now went out and bought a hard copy for my coffee table in the meditation area. It's a book that gets opened just about every day. As mentioned, I'm now almost finished with the second cover-to-cover reading. I've actually created a document to outline the key points of the book. There are a number of lists, levels, and other important points that really need to be committed to memory. The book is organized using side notes, diagrams, and key points in offsets. It's suffice to say that the important points, are indeed \*important\* to remember. If your looking for a treatise on mindfulness, or life changing guidebook to help you with the quest for truth, then I wholeheartedly recommend the knowledge in this book as the means to get you there.

I have be in a Buddhist all my life has been learning and practicing mindfulness for 50 years. Most of Buddhism I learned was through the religious inculcation by Theravada Buddhist monks. But none of that comes close to this book in teaching meditation. Author does a masterful job pulling ideas and concepts from all schools of Buddhism to make Mindfulness meditation into a singular

concept. To be learned and practiced in a methodical and structured manner to achieve mundane goals of lay life or to reach so called Enlightenment.

This is a meditation guide for people who read instructions, write plans, and ask "Why?" about everything. The information is dense and comprehensive. Although I got my first copy as a Kindle Daily Deal, after two chapters I ordered the paperback. I now spend most of my time with the paper copy, because it's easier to see the diagrams and to move quickly between sections of current interest. The instructions strike a good balance between providing a strong framework and allowing for individual variations. One part I've found particularly helpful is the instructions on watching the breath. Years of singing and playing wind instruments have predisposed me to breath control rather than passive observation. Using the advanced instructions for watching the breath gets me past this problem, even though my overall practice is still in the early stages. Attempts to measure the effectiveness of a meditation practice aren't all that useful. However, I have observed a collateral benefit. My job requires timekeeping for sessions of work that is exacting but not intrinsically interesting. Compared to a comparable period before following Culadasa's program, my work sessions are now 29 percent longer with no loss of productivity or accuracy.

One of the best meditation guide books I have EVER read. This is THE go-to book for those of you who are beginners or even seasoned practitioners like myself. Culadasa explains everything in a simple, non-flowery, concise way. There are helpful illustrations, diagrams, and charts that assist in visualizing the practice. Overall, this book has been a godsend to those of us who have no formal meditation teacher; I recommend it to all of you who are interested in meditation.

This book does a better job of explaining the whys and wherefores of applied Buddhism than any of the books on the subject that I have read in the past four years. John Yates explains the practical side that seems to be missing in other explanatory books on the subject of practicing Buddhism.

This book is a breakthrough for me. I've been immersed in Eastern teachings for sixty years especially on the wisdom of the Dharma, but never established an effective practice of meditation. This guidebook is practical, effective, and, as the author states, really works if you follow the steps with a relaxed approach and without self-judgement. I thank Culadasa for writing it.

I stumbled upon this book by accident, read description and bought it right away. It has all I missed

in many many meditation book I've read so far. In short- it provides you with detailed road map of meditation practice development. On top of this it helps to gain a better understanding on where you are and what are the steps to take. Highly recommend to anyone interested in meditation!

This book has transformed my practice. I've been meditation for a long time now but I have to do this mostly on my own. Reading and practicing to the best of my knowledge. This book, I cannot recommend highly enough. It takes you step by step, 1,2,3,4 etc. but not in an easy boring way. It opened up so much for me. Things I could not put together or had questions with nowhere to go. It brings another angle, another way to approach and many methods and so much information. Seriously, this has changed me and my meditation practice. I am grateful everyday that I found this book.

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