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Beyond Mindfulness in Plain English. An Introductory Guide to Deeper States of Meditation. By: Bhante Henepola Gunarantana , John Peddicord. Narrated by: Fajer Al-Kaisi. Series: Mindfulness in Plain English, Book 2. Length: 5 hrs and 59 mins. Categories: Health & Wellness , Alternative & Complementary Medicine.

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1 CHAPTER 1 The Concentration Path HOW MUCH FAITH DO YOU NEED? Though Buddhism is quite different from most religions, and is in some ways more akin to a kind of practical philosophy, the practices and teachings we will be exploring do come from a religious context, namely from Theravadan Buddhism. All you need to do is render the hindrances dormant. All religion depends on some kind of faith ...

1 The Concentration Path - The Wisdom Experience

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