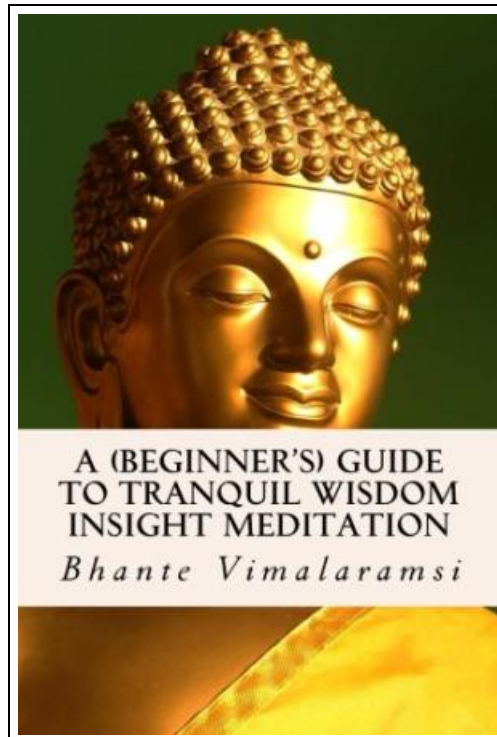


A Guide to Tranquil Wisdom Insight Meditation (T.W.I.M.): Attaining Nibbana from the Earliest Buddhist Teachings with Mindfulness of Lovingkindness (Paperback)



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Reviews

Comprehensive guide for pdf fanatics. It is filled with knowledge and wisdom It is extremely difficult to leave it before concluding, once you begin to read the book.
(Valentin Thompson)

A GUIDE TO TRANQUIL WISDOM INSIGHT MEDITATION (T.W.I.M.): ATTAINING NIBBANA FROM THE EARLIEST BUDDHIST TEACHINGS WITH MINDFULNESS OF LOVINGKINDNESS (PAPERBACK)



Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In this booklet are the beginning instructions for Metta or Loving-kindness Meditation, as part of the Practice of the Brahmaviharas. Bhante Vimalaramsi calls this Tranquil Wisdom Insight Meditation or TWIM for short. This is the practice described in earliest Buddhist teachings that the Buddha gave the monks to attain Nibbana. The way Bhante teaches this meditation practice yields very fast results. The warm, happy feeling of Loving-kindness, and the 6Rs practice system Bhante has discovered based on right-effort, gives you deep and profound states of meditation in only a matter of weeks or even days, when practiced consistently. Did you know Loving-kindness will take you deeper faster than doing Breath Meditation? Did you know that Metta DOES take you to Nibbana? This booklet gives the preliminary instructions for the practice of Metta and how to handle hindrances. This practice can also be brought into your daily life and helps with all your life/work situations and the many relationships you have. Mindfulness is re-defined here and practicing in this way yields the attainment of what Bhante calls the Tranquil Aware Jhanas. They are related to concentration Jhanas but are not the same. Through this practice, you can experience these deep states within days or weeks, not years or decades. Even just doing sitting practice at home. Bhante has students he has never met or taken a retreat who have gone all the way to awakening by using this system at home. Everything is here, and in detail, with many tips and examples, to get the meditator on his way to experiencing awakening in this very life. For more than 40 years Bhante Vimalaramsi researched and practiced many methods without finding any real...

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