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The Explicit Buddha: The Depths Of The Teaching For Awakening

The
Explicit
Buddha

*The Depths of the Teachings
for Awakening*

Christopher Titmuss



Synopsis

Christopher Titmuss is a former Buddhist monk in Thailand and India, who offers retreats, pilgrimages and programmes worldwide for insight and awakening. Poet and social critic, he is the author of numerous books including *The Buddha of Love*, *The Mindfulness Manual* and *Poems from the Edge of Time*. He lives in Totnes, Devon, England. Christopher Titmuss offers an in-depth explanation of the Buddha's teachings suitable for those inquiring into life. The book consists of a collection of inter-related chapters addressing ethics, mindfulness/meditation and wisdom. He examines insight meditation (Vipassana), impermanence, suffering, non-self, spiritual friendship, karma, the realms of existence and the fake Buddha. Chapters also explain deep absorption (jhana) meditations, causality and liberation. The closing chapter clarifies the significance of complete awakening and its relevance for daily life.

Book Information

File Size: 694 KB

Print Length: 318 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 14, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B074TVHQ5M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #441,031 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #65

in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Theravada #173

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