



The Mind and the Way: Buddhist Reflections on Life

By Ajahn Sumedho

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What would life be like if each one of us chose compassion over anger, loving-kindness over hatred, awareness over ignorance? *The Mind and the Way* demonstrates a radically simple approach to life, one in which we are able to awaken to our true loving nature and delight in the mystery and wonder of the world. With warmth and a wonderful sense of humor, Ajahn Sumedho draws on the experiences of ordinary life to convey Buddhist insights that for 2,500 years have continued to remain vital and pertinent to our lives.

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Editorial Review

From Library Journal

Sumedho, an American Theravadin monk trained in Thailand, presents Buddhism as a way rather than a religion. A graduate of the University of California-Berkeley, a Navy fighter pilot, and a Peace Corps volunteer, the author spent ten years as a contemplative forest monk before establishing the first forest monastery in England. Compiled from talks, his book deals with the nature of suffering and release from it by living a virtuous life awakening the mind to the impermanence of all things. Sumedho uses traditional insight meditation practices to open the heart and mind to the path of truth; he promotes a life of nonattachment, yet enriched with loving kindness, a simple life of nonexcess, profound goodness, cooperation rather than competition, and the mind that transcends but does not abandon the world. The keyword is balance. With its humorous observations upon his early days in Thailand, Sumedho's work is acutely practical and easy to read. Highly recommended for public libraries. —Dara Eklund, Los Angeles P.L. Copyright 1995 Reed Business Information, Inc.

Review

"*The Mind and the Way* is a wonderfully accessible and compassionate expression of the Buddha's teachings. Ajahn Sumedho's exemplary life illuminates this timeless transforming wisdom, and the simple clarity of his words help light our own spiritual journey. A good book for us all." (Joseph Goldstein, author of *A Heart Full of Peace*)

"With its humorous observations upon his early days in Thailand, Sumedho's work is acutely practical and easy to read. Highly recommended." (*Library Journal*)

From the Back Cover

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Users Review

From reader reviews:

Christian Fowler:

This book entitled *The Mind and the Way: Buddhist Reflections on Life* to be one of several books that best seller in this year, here is because when you read this guide you can get a lot of benefit onto it. You will easily to buy this particular book in the book retail outlet or you can order it by using online. The publisher of the book sells the e-book too. It makes you more readily to read this book, as you can read this book in your Touch screen phone. So there is no reason for your requirements to past this reserve from your list.

Rita Carter:

Reading can called imagination hangout, why? Because while you are reading a book especially book entitled *The Mind and the Way: Buddhist Reflections on Life* your head will drift away trough every dimension, wandering in each and every aspect that maybe unfamiliar for but surely can become your mind friends. Imaging each word written in a publication then become one application form conclusion and explanation in which maybe you never get prior to. The *The Mind and the Way: Buddhist Reflections on Life* giving you yet another experience more than blown away your brain but also giving you useful information for your better life within this era. So now let us demonstrate the relaxing pattern at this point is your body and mind will be pleased when you are finished looking at it, like winning an activity. Do you want to try this extraordinary spending spare time activity?

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