



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

By Bhante Vimalaramsi

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...



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Reviews

The publication is great and fantastic. It can be filled with knowledge and wisdom You wont truly feel monotony at at any moment of your time (that's what catalogues are for about if you ask me).

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Thorough information for pdf fans. It really is rally interesting throgh looking at time. I am easily will get a satisfaction of studying a published pdf.

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