



Practical Buddhism: Mindfulness and Skillful Living in the Modern Era

By Paramabandhu Groves

Muswell Hill Press. Paperback. Book Condition: new. BRAND NEW, Practical Buddhism: Mindfulness and Skillful Living in the Modern Era, Paramabandhu Groves, Who was the Buddha and why did he become such a significant historical figure? What were his most important insights and teachings? What can he tell us about the universality of suffering and the potential for freedom? How can we live a life with growth and harmony and without emotional pain? What is Buddhist understanding of the greater reality? With clarity and simplicity, wisdom and humour, Paramabandhu takes us on a journey towards some answers to these questions. The Buddha's remarkable passage through his own life showed him that ascetic practice in itself did not bring enlightenment, but a careful attention to internal processes combined with a compassionate attitude to self and others could bring an extraordinary freedom from suffering. The mainstay of Buddhist practice is mindfulness of breath, body and emotions leading to a more profound awareness. The Buddha indicated a bigger picture, beyond words, based on the interconnectedness and impermanence of all things. Practical Buddhism shows us how we can use these practices to lead a moral and ethical life, receiving and giving friendship, not causing harm...



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