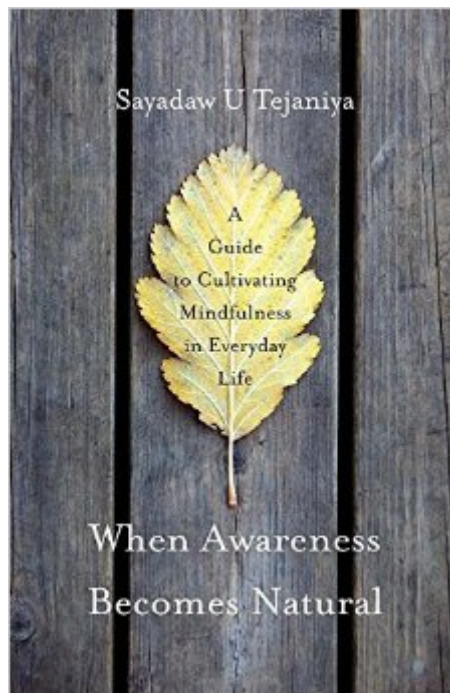


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When Awareness Becomes Natural: A Guide To Cultivating Mindfulness In Everyday Life



Synopsis

Finding awareness in any kind of ordinary daily activity--the first book from a Southeast Asian Buddhist monk-teacher who is becoming prominent worldwide, particularly in the Insight Meditation community. The flame of wisdom can be kindled in the midst of any life, even one that might seem too full of personal and professional commitments to allow for it. Such is the teaching of Sayadaw U Tejaniya, who himself learned to cultivate awareness in the raucous years he spent in the Burmese textile business before taking his final monastic ordination at the age of thirty-six. Train yourself to be aware of the clinging and aversion that arise in any situation, he teaches. If you can learn to do that, calm and deep insight will naturally follow. It's a method that works as well for sorting the laundry or doing data entry as it does in formal sitting meditation. "The object of attention is not really important," he teaches, "the observing mind that is working in the background to be aware is of real importance. If the observing is done with the right attitude, any object is the right object."

Book Information

Paperback: 208 pages

Publisher: Shambhala (May 17, 2016)

Language: English

ISBN-10: 1611803071

ISBN-13: 978-1611803075

Product Dimensions: 5.6 x 0.6 x 8.5 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (10 customer reviews)

Best Sellers Rank: #79,892 in Books (See Top 100 in Books) #26 in [Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > Theravada](#) #609 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#) #2784 in [Books > Religion & Spirituality > New Age & Spirituality](#)

Customer Reviews

Sayadaw U Tejaniya is a mindfulness meditation genius. I had been studying and trying to practice meditation for several years prior to stumbling upon the teachings of SUT about six years ago. I have never had an opportunity of face-to-face interaction with him but I have been spending a few hours a week listening to his recorded retreat sessions for years, courtesy of Audiodharma (initially) and Dharmaseed (now continuously). Both are donation based websites. All meditation instruction

and explanation felt incomplete and unsatisfactory until I heard SUT. Over the last six years that I have listened to and followed his explanation and instructions, I have found them to be COMPLETELY internally consistent and intellectually rigorous. What I have learned from him has been fully compatible with all of my understanding of physical sciences, psychological sciences and neurobiology. It also fully reconciles with my 30 years of mental health experience. The book is essentially a compilation of lectures and interviews with him. The way the information is structured is therefore a bit suboptimal. It is difficult for me to say how the book will come across to someone new to the subject matter but the content makes it worthwhile despite limitations imposed by the organization of material. Best wishes to all embarking on the journey inward.

this is the book I wish I could have read before doing insight meditation retreats. It clears up on how to deal with much of the problems that a person will encounter in practicing insight meditation and in a way that is easily understandable.

This book is a must for the yogis practicing Vipassana Mindfulness meditation. So many practical and helpful tips/information that makes the practicing path a lot smoother with or without a teacher. It shows that a normal person in life can do it just as well as the monk in the monastery. The information shared by Sayadaw U Tejaniya is so precious; I hope many other yogis will find its usefulness as I did. I am currently looking for a copy in PDF format for easier reading, learning. The book font size is a little small for my sight.

A great guide for experienced practitioners. I think this text is too advanced for a newcomer to meditation. And, that being said, the many personal stories and anecdotes could spark someone's interest and lead to transformation.

best meditation book ever easy to read

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