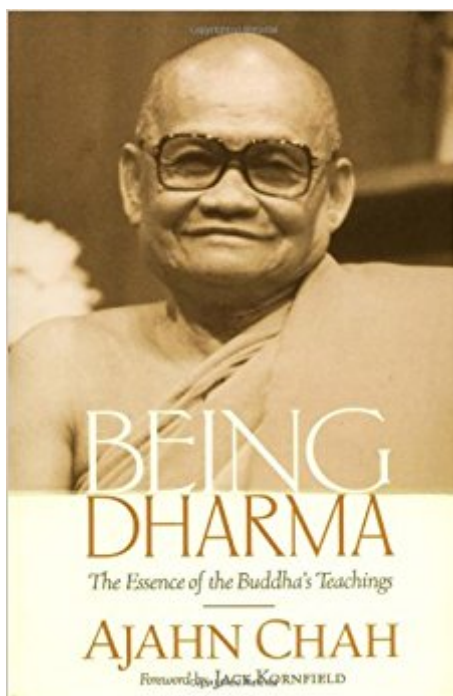


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# Being Dharma: The Essence Of The Buddha's Teachings



## Synopsis

Chah offers a thorough exploration of Theravadan Buddhism in a gentle, sometimes humorous, style that makes the reader feel as though he or she is being entertained by a story. He emphasizes the path to freedom from emotional and psychological suffering and provides insight into the fact that taking ourselves seriously causes unnecessary hardship. Ajahn Chah influenced a generation of Western teachers: Jack Kornfield, Sharon Salzberg, Sylvia Boorstein, Joseph Goldstein, and many other Western Buddhist teachers were at one time his students. Anyone who has attended a retreat led by one of these teachers, or read one of their books, will be familiar with this master's name and reputation as one of the great Buddhist teachers of this century.

## Book Information

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## Customer Reviews

Deep in a Thai forest lived "a pot-bellied monk who looked more like a bullfrog than a saint" and yet whose no-nonsense brand of Buddhist meditation has profoundly influenced many of the West's most popular teachers. He was called Ajahn Chah. In *Being Dharma* Paul Breiter, Ajahn Chah's longtime interpreter, brings us his collection of Ajahn Chah's dharma talks. Here we find a teacher who prefers the concrete to the abstract and practice to theory. The practice is training the mind, and the goal is achieving a constant mindfulness that will end suffering and yield peace and compassion at every moment. Achievements, he says, come gradually with relentless training in meditation and practicing the moral precepts. Ajahn Chah's plain teachings and simple, straightforward examples cross language barriers easily as he instructs us on the fundamentals of

impermanence and nonattachment. In Being Dharma Paul Breiter allows us to soak up the simple but profound wisdom of this master to the masters. --Brian Bruya

According to Jack Kornfield, Thai Buddhist master Ajahn Chah (1919-1992) never taught that there were two levels of dharma instruction one for the monk and an easier one for the layperson. Rather, he required all of the lay practitioners who visited him at his monastery to embody the dharma to the same degree that his monastic disciples did. In Being Dharma: The Essence of the Buddha's Teachings, Ajahn Chah's dharma talks (which could be as long as five hours each) are condensed for Western lay practitioners. Although the length has been shortened, the content is still bracing and memorable. Paul Breiter provides the translation, and Kornfield gives an insightful foreword. Copyright 2001 Cahners Business Information, Inc.

If you are looking for a book that delivers the message of Buddha in a human, yet intelligent, manner, this is it. Like every other book, this one explains each of the essential teachings of Buddhism. Unlike every other book (I found), this book is set of lectures or teachings that were given by a person who explained clearly how to think and feel about each subject, such as Dharma, meditation, giving, etc. The key to the book is the excellent writing of the person who translated the lessons. I can sit down with this book and feel like I am actually listening to an expert who speaks at my level.

Secret gem. All heart. This translation of Ajahn Chah is easy to understand and is written with American English sayings, as opposed to other translations by non-native English speakers. The messages are timeless and great for reminding me of the simplicity of life. Read only a page for inspiration. This teacher is straight to the point and explains things with wonderful stories. I have read most of his translations and enjoy them all.

Ajahn Chah's teachings are always clear and deal with daily application of dharma for laypersons. He doesn't beat round the bush, nor speak in abstract mumbo jumbo. He is always able to explain difficult concepts using the most apt analogies that cut right to the point. This book provides insights and explanations to dharma's concepts on impermanence, non-self, dukkha and karma. In essence, seeing dharma & being dharma, is to practice dharma with patience & perseverance. This is something Ajahn Chah stresses throughout the book.

This book is wonderful....spiritual truths written simply and clearly from Ajahn Shah.

What can one say about a "one of a kind" mind and teaching style? This is a wonderful insight into the Venerable Ajahn Chah's interpretations, and his way of communicating it is uncanny in tone and approach. If there were six (6) stars for ratings, it would be a six.

This book covers many different topics. Ajahn Chah addresses many common difficulties and straightens some common wrong views. The style this book is written in is easy to understand, although there is deep meaning in the words. Ajahn Chah speaks from his heart, from what he knows to be true himself as apposed to something that he just believes. I think anyone could learn from this book.

Many sangha and lay Buddhists often regard Ajahn Chah (1919-1992) as one of the arahants of the 20th century. "Venerable Ajahn Chah, not only explained the path to liberation so clearly, but also lived the path so totally, to the very end.", wrote Ajahn Brahm. Ajahn Chah repeatedly emphasizes that contemplating impermanence, suffering, and not-self is essential; moral conduct, concentration, and wisdom form the path of which right view is its foundation. Undoubtedly for future stream enterers, the collected teachings of Ajahn Chah are priceless!

Well presented words if a Internationally recognised teacher. Good when there is a spare moment.

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