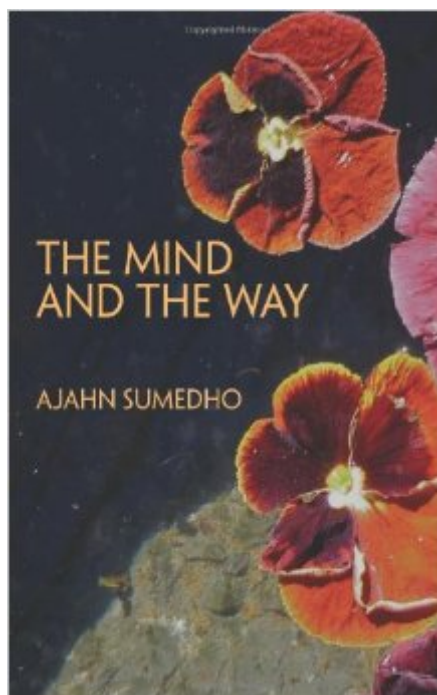


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# The Mind And The Way: Buddhist Reflections On Life



## Synopsis

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.

## Book Information

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## Customer Reviews

This is a very special book edited from many of Ajahn Sumedho's discourses given at retreats in the UK and elsewhere. Ajahn Sumedho is a Theravadan monk who follows the Thai Forest Sangha tradition and who is the spiritual director of 4 monasteries in the UK and a number scattered around the globe. *The Mind and the Way* brings us to the practise of Buddhism rather than the theory. Ajahn Sumedho has a way of interpreting Buddhist concepts so that they are of direct relevance. His long years of experience shine through. In a book with many highlights I was particularly struck by his exposition of the transcendent element in Buddhism and its relationship to what some might call God. Ajahn Sumedho refers to the Buddhist approach as 'non-theistic' in that it does not personify the transcendent experience or attempt to describe it. Nirvana (or Nibbana in Pali) is referred to in many places in the Buddhist Scriptures, but usually in terms of superlatives or in what it is not. I can thoroughly recommend this book to anyone with a real interest in religious experience

and an open heart.

This will sound cliché, but I will say it anyway because -- it's true. This book changed my life. I have been reading Dharma books for over a decade now, and have read many that were excellent. But, more than any other Dharma book I've ever read, *The Mind and the Way* has made my understanding of Buddhist teachings very real, practical and clear. This is not a preachy book about theories and dogma. It is about experience and application. This is Applied Dharma, explained in a simple and straightforward manner. Sumedho's tone is that of a familiar friend -- a spiritual friend, with a sense of humor. If you have any real interest in Dharma you **MUST** read this book.

I can only echo the comments of the other reviewers of this excellent book. Ajahn Sumedho passes on the pure essence of Buddhism as taught by Ajahn Chah and other great Thai Forest Tradition Theravada masters. By his own admission, Ajahn Sumedho has spent the last 40 years paring everything down to the way things are and this book is testimony to his monumental achievements. He really cuts through all of the nonsense and gets right to the Dhamma. This book, and his Dhamma talks, may at first glance appear to be fairly mundane and astonishingly simple; but upon closer inspection, re-reading and further reflection, his teachings actually contain the very deepest subtleties of the Dhamma. A great book by one of the foremost living Buddhist masters.

This is a wonderful book of teachings and reflections. Ajahn Sumedho's perspective seems somehow fresh (after all these years of Buddhist commentary). I found *Mind and the Way* down to earth and accessible, yet very much undiluted. It's definitely written from a monk's perspective, but most of the material is inspiring and useful for the laity too. This is clearly a man who walks (and sits) his talk.

Sumedho writes in a quiet simple way, that means you can understand what he explains about some rather complicated topics. For people who are interested in the philosophy of the BUDDHISM, **IT IS AN EXCELLENT BOOK.**

This is one of the best books on Buddhism I've read. It clearly and concisely addresses many fundamental aspects of Buddhism in a very readable manner.

Good enjoyable introduction to buddhism. I wish more had been written about the Four Noble Truths

though. Overall, it is easy and clear to read, but left me wishing for more development.

I wanted to learn more about Buddhism and so I bought this book to help me study. It was a helpful book.

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