

Knowing & Seeing, 4th Edition



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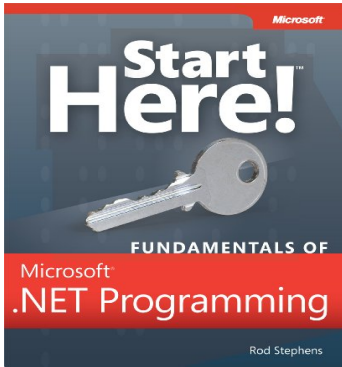
Knowing & Seeing, 4th Edition

Knowing & Seeing (4th Edition) presents a series of talks and question & answer sessions at a meditation retreat by the Venerable Pa-Auk Tawya Sayadaw, abbot of the Pa-Auk Forest Monastery in Myanmar (Burma). These sessions present the Buddha's teachings on the traditional Theravadan concentration meditation known as jhana practice. Based on the original Pali suttas, the Visuddhimagga, and later commentaries, the Sayadaw teaches yogis, step by step, how to attain the stages of mental purification and vipassana knowledge. You can find the book freely available on the Web as a PDF. Students of Pa Auk are making it available here for those who wish to have a copy on paper. All royalties paid



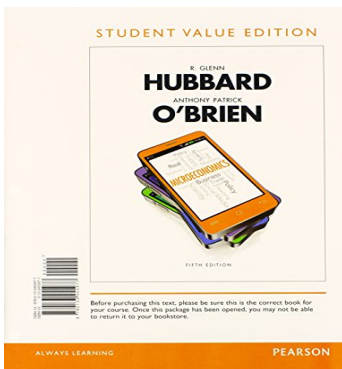
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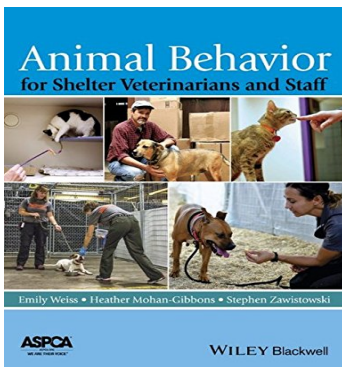
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Animal Behavior for Shelter Veterinarians and Staff

Animal Behavior for Shelter Veterinarians and Staff presents and evaluates the available research and programs that address both animal and human behaviors associated with the intake, management and rehoming of dog and cats. Introductions to dog and cat behavior relevant to any animal prof



Positive Parenting in Action: The How-To Guide for Putting Positive Parenting Principles into Action in Early Childhood

Parenthood is a beautiful journey. We don't have to become adversaries with our children; doing so is very unnatural to our humanity. We are all wired for connection, for closeness, and for love. Positive parenting frees us to move from the traditional parenting roles which create friction and rebellion and allows us instead to move into a more natural role which creates cooperation and peace. The inevitable conflicts that arise in a relationship no longer define the relationship, but serve as stepping stones to greater understanding and connection.

There is an abundance of resources available which tell parents why traditional parenting practices are not optimal, but few help parents learn what to do in place of traditional practices. In this book, we'll discuss the principles of positive parenting, and then we will go through many scenarios to show you what it looks like when these principles are put into action.

Knowing & Seeing, 4th Edition goodreads

What others say about this ebook:

Review 1:

fine publication

Review 2:

Many thanks! A+++

Review 3:

This is an excellent and rare work which should be welcomed by all who are interested in meditation and spiritual development in a serious way. Shamatha/anapana and vipassana are the essential and basic methods of all buddhist meditation. Some authorities have stated that they are the basic methods of any type of meditation regardless of the cultural origin. It is all about calming the fleeting mind, and then focusing it upon your chosen subject/object.

K&S is one of the primary teachings available from a tradition which specialises in shamatha and vipassana, above all else. From the outset, the fundamental teachings of buddhism are presented clearly and simply so that anybody can understand them. Beginning from the most basic and essential foundation - which is very valuable and often overlooked by seasoned veterans - it progresses in a highly practical manner which is at the same time very easy to understand. As someone who sped past the basic teachings in my youth (thinking that time is of the essence and I need to get to the more advanced teachings asap, because I believed I understood them) I greatly appreciate the approach the author takes. The introduction may seem a bit long, but in my opinion it is already down to the bare essentials and everything there has practical and foundational value for what is practised later.

An added bonus for me, was that The Sayadaw gives practical instructions on the teachings found in the Visuddhi- magga. This is considered a very important text in the Theravadan tradition It is voluminous, ancient (circa. 5th century if memory serves) and considered authentic, however it is also short on details of how to actually train in some of the practices.. Knowing and Seeing covers some of these practices and this is of itself very interesting.

I highly recommend this work to all those who are interested in practical meditation training and especially people from the buddhist tradition - regardless of which of the three vehicles they may adhere to.

This is a valuable gem easily recognised and appreciated by those already on the path.

This is a stand alone work. Meaning that it is self contained and one does not need to access other works, commentaries and so on, unless it is in one's personal interest.

For people who are new to buddhism, the novelty of the terminology and volume of this work may be a bit much to digest in the early stages of their approach . As such I would advise that they first read What The Buddha Taught by Rahula Walpola. This is a much more condensed presentation and very good preparation for further in depth study.

This is much like splashing around in the pool before learning formal swimming technique.

May this work benefit all people who read it ! May all people be happy !

Review 4:

This book should be a great help for anyone who is practicing the Samatha and Vipassana meditations. The author has a thorough experience of the Path of Meditation as well as an

equally great knowledge of Buddhist philosophy. Really remarkable!

Review 5:

Within these pages is a treasure that will bring you back whenever you are lost on your path for perhaps the rest of your life. It's an overwhelmingly exceptional work.

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