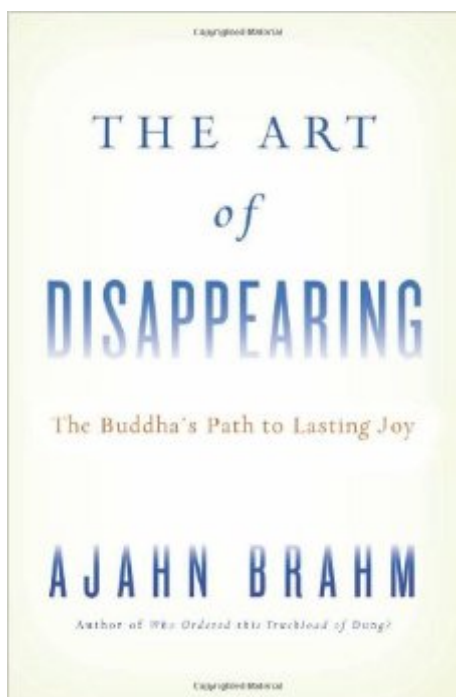


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# The Art Of Disappearing: Buddha's Path To Lasting Joy



## Synopsis

Whether mere bumps in the road or genuine crises, we live in a world of unwanted events that no willpower can prevent. In *The Art of Disappearing*, Ajahn Brahm helps us learn to abandon the headwind of false expectations and follow instead the Buddha's path of understanding. Releasing our attachment to past and future, to self and other, we can directly experience the natural state of serenity underlying all our thoughts and discover the bliss of the present moment. In that space, we learn what it is to disappear. Ajahn Brahm, an unparalleled guide to the bliss of meditation, makes the journey as fun as it is rewarding. *The Art of Disappearing*, comprised of a series of teachings Ajahn Brahm gave to the monks of Bodhinyana Monastery, where he serves as abbot, offers a unique glimpse into the mind of one of contemporary Buddhism's most engaging figures.

## Book Information

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## Customer Reviews

The first page and a third tell you clearly and directly what this book is about: Understanding your life. As usual with Ajahn Brahm, he brings the seemingly unfathomable into amazing clarity. Do you need to be a Buddhist to benefit from the profound wisdom and practicality found in this book?

Absolutely not. Anyone of any religion willing to approach this book as a means of gaining insight into who and what we really are (and who and what we are not) will benefit from it. I gave away more than a dozen copies of Ajahn Brahm's 'Truckload of Dung' -- to the enormous gratitude of those who received it. 'The Art of Disappearing' will probably surpass that number -- and the amount of gratitude. Do your non-self an enormous favor. Buy and read this book.

Just like the previous books written by the same author, this book is simply splendid. His advice derived from his own practice and experiences are clearly articulated in the book which i find to be inspirational. Five stars for the book!

This book is quite deep but at the same time very practical. Not only that it helps me understand the realms of stillness but more importantly to know how to apply it in my daily activities; by leaving things alone including our own body and thoughts, thus true intelligence arises, the smartest and peacefull of all. The title might scare people but in reality our actions become more productive and non-karmic at the same time. Funny enough, it works the opposite. One becomes alive (ie. appearing).BTW, I find I could open this book at any page and read a section or two. The messages are clear everywhere and presented with an interesting style, quite light. A good companion in a coffee shop. Another thing that I find interesting are the many references of the suttas (and verses) with respect to the Buddhist scripture, the Nikaya (Collections). Coming from a Christian background, those references help a lot.

Ajahn Brahm has presented a very well written book regarding the Path of spiritual development as explained by the Buddha. A recurring theme in this book is the application of Mindfulness Meditation and the development of the fine Art of Fading Away or Disappearing. The book is immensely useful for three levels of readers. Firstly it is invaluable to those who have practiced Buddhist meditation for many years. A large majority of the long term practitioners face various hurdles which hinder their progress. Such practitioners get stuck at these hurdles and they may eventually give up their meditation altogether due to stagnation. The book provides a breath of fresh air to such practitioners through practical guidelines. Secondly it is also quite beneficial to those ardent practitioners who are embarking on Buddhist meditation. Ajahn Brahm provides a lot of emphasis to the development of Mindfulness practice and highlights the importance of developing it to the level of effortless incorporation to the practitioners' daily life. The incorporation of Mindfulness in daily life in turn helps to achieve Joy, ease of living and finally higher levels of progress in 'formal' meditation sessions. As such it provides valuable guidance on the correct path and daily living. Finally it is a treasure trove to those who wish to learn about the essential teaching of the Buddha. It is not a Beginners book on Buddhism and yet, it is quite easy to read. This is a special gift of Ajahn Brahm. He has the rare ability to explain deep Dhamma in an easy to understand language making the book accessible to a vast majority of readers. Aruna Manathunge (Web site: [...])

Ajahn Brahm has a unique way of presenting the Buddha's teachings in a manner that is clear and easy to understand. This book is even good for gaining an insight into buddhist psychology.

It's not readily apparent from the title, but the subtitle says a little more to let you know here's a book that will guide you along a path of basic meditation and wisdom teachings. This is an excellent book for those new to Buddhism, and for those actively practicing Buddhism in need of a reminder of the course they have chosen. The first chapter is appropriately titled "The Big Picture" and discusses in general terms the procedure and practice the rest of the book will expand upon. The chapters that follow give general instructions on meditation and mindfulness practice, including antidotes for common problems the meditator may face. The remainder of the book gives wisdom teachings, and finally Samadhi or concentration, the jhanas, and making this the last time in the rounds of rebirth. This is a delightful read, taking teachings that are often made complicated and esoteric and made manageable.

Once again Ajahn Brahm has written another very good book. Many lessons can be learned by following his advice. I listen to him on Youtube quite often.

After watching many of Ajahn Brahm's youtube lectures I was already a fan. This book has made my meditation practice much more productive. I would recommend this book to anyone serious about the journey to enlightenment.

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