

WAKE UP TO YOUR LIFE DISCOVERING THE BUDDHIST PATH OF ATTENTION

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Wake Up To Your Life: Discovering the Buddhist Path of Attention | McLeod, Ken | ISBN: 9780062516817 |
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Wake Up to Your Life is not "the first book to deconstruct Buddhism for Westerners," as its promotional literature suggests; by now there have been hundreds if not thousands of books on Buddhism published for Westerners. But this one is especially good, because of three things McLeod, director of Unfettered Mind, a Buddhist teaching

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Buddhist studies. Not a few of these have some bearing on the general topic of the present study, namely the theory of early Buddhist 'meditation' and the stages of the Buddhist spiritual path. However, to my knowledge there has been no other work specifically devoted to the 'dhammas that contribute to awakening' (bodhi- pakkhiyd dhammd). Nor ...

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Wake Up To Your Life: Discovering the Buddhist Path of Attention. San Francisco CA: Harper Collins. p. 480. ISBN 978-0-06-251681-7. Kongtrul, Jamgon; Ken McLeod transl. (1987). The Great Path of Awakening: The Classic Guide to Lojong, a Tibetan Buddhist Practice for Cultivating the Heart of Compassion. Boston, Massachusetts: Shambhala.

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