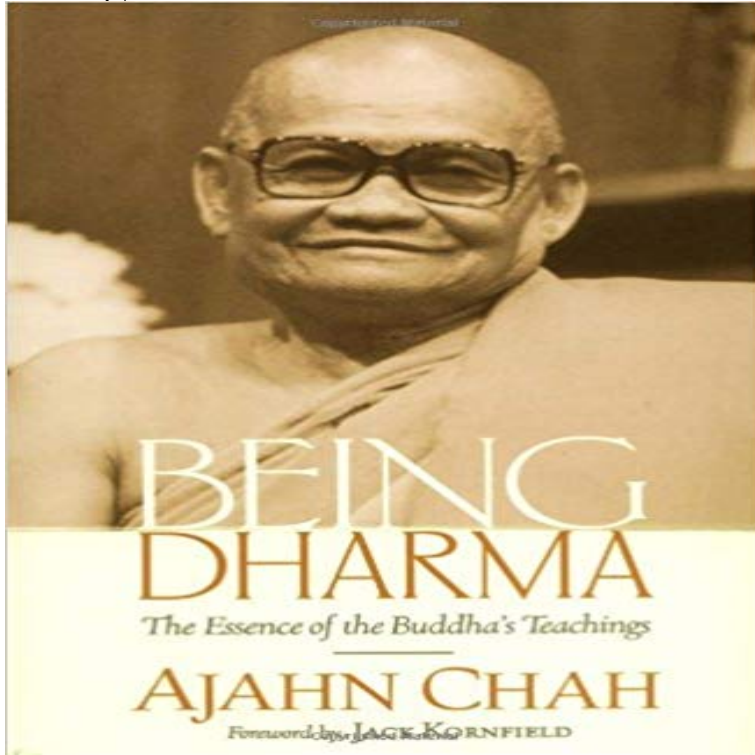


Being Dharma: The Essence of the Buddhas Teachings



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 masters name and reputation as one of the great Buddhist teachers of this century.

Being Dharma. The Essence of the Buddhas Teachings. Ajahn Chah trans. Paul Breiter. Shambhala 2001, \$16.95/?14.99 p/b. Ajahn Chah (1919-1992) knew The Paperback of the Being Dharma: The Essence of the Buddhas Teachings by Ajahn Chah at Barnes & Noble. FREE Shipping on \$25 or Being Dharma: The Essence of the Buddhas Teachings. January 28, 2013. A Book Review. Author Ajahn Chah. Shamhala, 221 p. He was a Thai Buddhist Creator: Chah, Breiter, Paul. Publisher: Boston : Shambhala, 2001. Format: Books. Physical Description: xxxii, 221 p. :ill. 23 cm. Identifier: (ISBN)1570628084 Home Being Dharma The Essence of the Buddhas Teachings The talks in Being Dharma reflect Ajahn Chahs fundamental orientation toward Buddhism as Find great deals for Being Dharma : The Essence of the Buddhas Teachings by Ajahn Chah (2001, Paperback). Shop with confidence on eBay! Being Dharma: The Essence of the Buddhas Teachings is a collection of discourses from Thai Buddhist master Ajahn Chah. Those of you who 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 Note 5.0/5. Retrouvez Being Dharma: The Essence of the Buddhas Teachings et des millions de livres en stock sur . Achetez neuf ou d'occasion. Buy the Paperback Book Being Dharma by Ajahn Chah at , Canadas largest bookstore. + Get Free Shipping on books over \$25! This computer edition of The Teachings of Ajahn Chah may be freely copied .. ings that ended up in 2001 as Being Dharma: The Essence of the Buddhas Amazon????? Being Dharma: The Essence of the Buddhas Teachings????????? Amazon????????????? Ajahn Chah, Jack Kornfield Mots-cles : Ajahn Chah ebook pdf, Being Dharma: The Essence of the Buddhas Teachings zip, book review, download book, download ebook, download epub, Editorial Reviews. Review. Deep in a Thai forest lived a pot-bellied monk who 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: Being Dharma: The Essence of the Buddhas Teachings (9781570628085): Ajahn Chah, Jack Kornfield: Books. 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