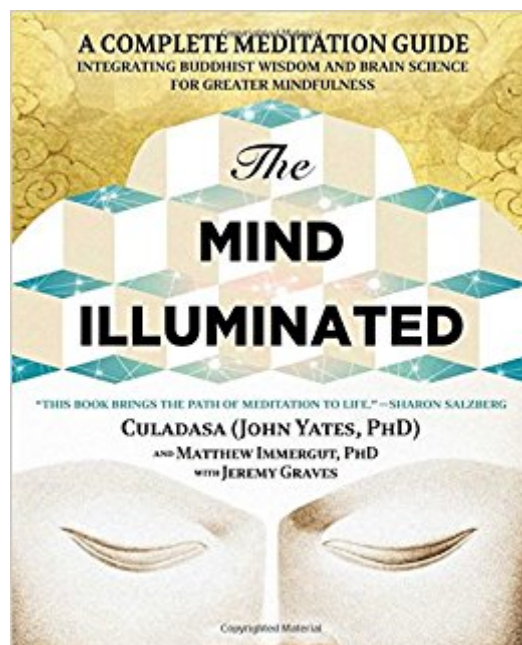




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# The Mind Illuminated: A Complete Meditation Guide Integrating Buddhist Wisdom And Brain Science For Greater Mindfulness



## Synopsis

A revolutionary, science-based approach to meditation from a neuroscientist turned meditation master, *The Mind Illuminated* is an accessible, step-by-step toolkit for anyone looking to start—or improve—their daily meditation practice. The book that bestselling meditation teacher Sharon Salzberg raves “brings the path of meditation to life.” *The Mind Illuminated* is the first how-to meditation guide from a neuroscientist who is also an acclaimed meditation master. This innovative book offers a 10-stage program that is both deeply grounded in ancient spiritual teachings about mindfulness and holistic health, and also draws from the latest brain science to provide a roadmap for anyone interested in achieving the benefits of mindfulness. Dr. John Yates offers a new and fascinating model of how the mind works, including steps to overcome mind wandering and dullness, extending your attention span while meditating, and subduing subtle distractions. This groundbreaking manual provides illustrations and charts to help you work through each stage of the process, offering tools that work across all types of meditation practices. *The Mind Illuminated* is an essential read, whether you are a beginner wanting to establish your practice or a seasoned veteran ready to master the deepest state of peace and mindfulness.

## Book Information

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## Customer Reviews

“A systematic, hands-on manual, *The Mind Illuminated* will be a great help to anyone who wants to completely fathom the process of meditative development in all its stages. Culadasa gives

us the full conceptual framework together with complete instructions for putting it into play. In largely Western language, with help from wonderful images and diagrams, this book brings the path of meditation to life. — (Sharon Salzberg, author, *Real Happiness*) “[Culadasa] takes me through the science of the practice straight to the adventure of sitting, and offers context through sustainable, practical applications and tools. This book is full of wisdom, story, and creativity, and I’ll be glad to have it as a reference for many years to come. — (Elena Brower, author, *Art of Attention*) “This book is a rare and valuable treasure, providing a detailed, step-by-step account of how meditation practice progresses. Culadasa is the real deal, a living adept with decades of experience. — (Shinzen Young, author, *Beginner’s Guide to Meditation*) “Essential reading for anyone interested in meditative development from any tradition. At once comprehensive and also very easy to read and follow in practice, this is the most thorough, straightforward, clear, and practical guide to training the mind that I have ever found. A remarkable achievement. — (Daniel Ingram, M.D., author, *Mastering the Core Teachings of the Buddha*) “In a time where meditation and its twin sister, mindfulness, have become the fads du jour, Culadasa gives us the real deal in this encyclopedic handbook. If you’re serious about meditation, *The Mind Illuminated* should be on your bookshelf. — (Lama Marut, author, *A Spiritual Renegade’s Guide to the Good Life*) “With wisdom, clarity and grace, Culadasa has written an invaluable manual for awakening. I believe this book will become one of the “Top 10 Must Reads” for anyone on the spiritual path for years to come. Helpful for beginning meditators, and valuable for advanced meditators who are already committed to meditation but have not yet experienced the fruits of consistent practice. — (Stephanie Nash, mindfulness coach and integrative counselor) “This book does an outstanding job of both constructing a cognitive theory of how the mind works and presenting a detailed handbook for learning and mastering meditation. The result is a beautiful integration of theory and practice, whose parallel strands lead to experientially, and account for conceptually, the radical shift in consciousness we call awakening. — (Richard P. Boyle, author, *Realizing Awakened Consciousness*)

John Yates, PhD (Culadasa) is a meditation master with more than four decades of experience in the Tibetan and Theravadin Buddhist traditions. A former professor, he taught physiology and neuroscience for many years, and later worked in the field of complementary and alternative medicine. He is the author of *A Physician’s Guide to Therapeutic Massage*, currently in its third edition. He is currently the director of Dharma Treasure Buddhist Sangha in Tucson, AZ. Matthew Immergut, PhD is an associate professor of sociology. He is a longtime meditator and a

dedicated student of Culadasa. He lives in Woodstock, NY.

The subtitle here, *“A Complete Meditation Guide”* understates this astonishing book’s comprehensiveness and profundity by half. This is a 475 page long magnum opus that’s exponentially more useful than all of the previous guides to meditation I’ve read (and I’ve read plenty, having been involved in Buddhist study and practice since the early 1970’s). For a newcomer to meditation this book is the best possible introduction as well as a lifelong companion. For someone with an established practice, be it in the Theravadin, Tibetan or Zen tradition (or for that matter secular mindfulness or non-Buddhist contemplative approaches) *The Mind Illuminated* is a treasure trove of encouragement and clarification of key points in practice that no other book I’m aware of addresses. It comes as close as any book possibly can to having not just a teacher but a living meditation master with personal experience of every step of the path into your home. While grounded in decades of obviously very serious and intensive practice and study of Buddhism this book uses the absolute minimum number of foreign words and defines them precisely. Someone with a purely secular interest in meditation will have no problem with the content, while devoted adherents of particular contemplative paths will feel supported. The tone throughout is kind, warm, clear and encouraging. Anyone who’s practiced meditation for years knows that motivation for practice often waxes and wanes, and that it’s all-too-easy to run into dead ends that seem impossible to overcome, to stagnate in one’s practice, or to stop sitting altogether out of frustration or fear. Culadasa anticipates all of this, starting with a chapter titled *“Establishing a Practice”* that in and of itself is worth the price of the book, and following up with dozens of pith instructions that seem to address even the subtlest mistakes in practice, obviously born from a combination of deep realization and extensive experience coaching meditators ranging from beginner to very advanced. My only regret about this book is that it wasn’t published decades ago!

This book is the best instruction book on buddhistic meditation I have read since Daniel Ingram’s *‘mastering the core teachings of the buddha’*. However, Culadasa’s book lacks the controversy surrounding the latter one. His book does not really deal with Buddhist orthodoxy but is a very precise and motivating manual how to meditate and how to achieve the higher meditation states that have been described over and over again in the oldest Buddhist literature (Pali canon and *Visuddhimagga*). These achievements are well-known within the Theravada literature and modern practice and can be achieved by proper practice (never withstanding the popular new wave/zen light

misconception that the practice doesn't really matter and that there is nothing to be accomplished). I have never read a better and to-the-point manual how to start a dedicated meditation practice and how to actually do any relevant meditation exercise in a way that it leads to results. The book is extremely good in combining classical meditation instructions with the right mind set for motivation and positive reinforcement of the practice. If one has a decent background in some meditation discipline and some knowledge of the maps of what might happen with dedicated practice, then this book is in my opinion the only book one needs, together with actually doing the practice, to really get started and get a long way to achieve certain states and insights that can result from meditation. This is the one and only Dharma book you want to take to an inhabited island for a long time.

This book is an absolute must have for any mediator. As a beginning meditator, you are always paranoid that you are doing the practice incorrectly. This book has been great in assuring me that I am on the right track as well as give very practical advice for how to deal with the challenges I'm facing. It is sooooo detailed and clearly written. It's like having a teacher guide you through the whole process. In fact, I think this book is MUCH BETTER than most meditation teachers. The \$20 price tag is a steal. I can't imagine how much time and effort it must have took to write a book of this magnitude, but I'm glad it was written. I bought the ebook version, but I am thinking of getting the physical book as well. It's such a big book that I think a physical book would be much easier to read and I'm sure I'll be reading this book multiple times to get everything out of it. Do yourself a favor and get this book!

This is the first practical meditation guide I've read that clearly describes the techniques and milestones in mastering samatha and relates it to the path of insight (awakening). I wish it had been available 40 years ago when I first became interested in meditation. If you can afford only one book, this is the one to get. If you like this book, check out the author's discussion forum at [...]

I feel very grateful for having the opportunity to read this wonderful meditation guide. This is a very profound and beautiful book but at the same time it is very pedagogical. I had never found such a complete, practical and precise explanation of the difficult subject of the mind, attention, mindfulness, metacognitive introspective awareness, meditation.... The drawings are so nice and helpful. It has a very complete glossary of terms and excellent 6 Appendix sections. This is like an encyclopedia of "the Mind Illuminated" : huge information and a step by step guide through all the needed stages of the path to the "Illuminated mind" obtained through the practice of meditation. In

very kind terms lots of detailed explanations : how to overcome the difficulties and complexities of our "mind system" , as it is called in the book, so that can live mindfully , peacefully and joyfully .Thank you so much to the authors!

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