

FOCUSED *and* FEARLESS

A Meditator's Guide to States of Deep Joy, Calm and Clarity

by **Shaila Catherine**

AUTHOR EVENT

Monday, May 19, 2008, 7:30 pm

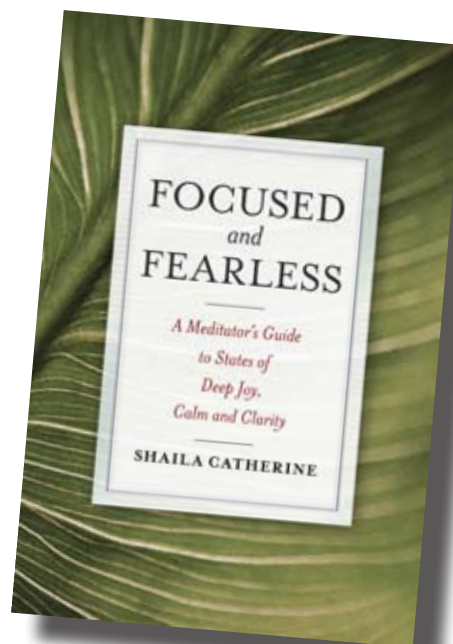
Happiness and the Focused Mind

Powell's on Hawthorne,

3723 SE Hawthorne Blvd

Portland, OR

Phone: (503) 228-0540



“This book is scholarly *and* personal—and poetic too. The language is so alluring and thorough that readers will, I am certain, be inspired to redouble their zeal for practice.”

—Sylvia Boorstein, author of
It's Easier Than You Think

Now ordinary meditators (and non-meditators) can understand how to attain non-ordinary states of mind with relative ease. Blended with contemporary examples, pragmatic exercises, and “how to” instructions that anyone can try, *Focused and Fearless* provides a wealth of tools to cultivate non-distracted attention in daily life and on retreat. Shaila Catherine has a friendly, wise approach to rarely-talked-about meditative states that lead to liberating insight.

SHAILA CATHERINE has been practicing meditation since 1980, with seven years of accumulated silent retreat experience. She has been teaching since 1996 in the USA, India, Israel, England and New Zealand. Shaila studied at the Sharpham College for Buddhist Studies in England and dedicated six years to studying with masters in India, Nepal and Thailand. Shaila's current focus is the development of concentration and the deep states of absorption called jhana. She is the founder of Insight Meditation South Bay based in Mountain View, California. www.imsb.org

Focused and Fearless: A Meditator's Guide to States of Deep Joy, Calm, and Clarity

Wisdom Publications | Quality Paperback Original | \$17.95

ISBN-13: 978-0-86171-560-2 | 275 pages | May 2008



www.wisdompubs.org