

Table of Contents

- Acknowledgments
- INTRODUCTION: From Focused Concentration to Fearless Awakening

- I. The Joy of the Focused Mind
 - 1. Cultivating the Focused Mind
 - 2. Joy of Seclusion
 - 3. Happiness
 - 4. Equanimity
- II. Preparing the Mind for Absorption
 - 5. The Wisdom of Letting Go
 - 6. Dynamics of Emotion
 - 7. Effort, Ease, and Intention
 - 8. Calming the Restless Mind
- III. How to Establish Meditative Absorption
 - 9. Happiness and the Five Factors of Absorption
 - 10. Access to Absorption: At the Threshold of Peace
 - 11. Fearless Abidings—The First Jhana
 - 12. Drenched in Delight—The Second Jhana
 - 13. Absorbed in Joy—The Third Jhana
 - 14. Radiant Calm—The Fourth Jhana
 - 15. How Deep Is Deep Enough?
 - 16. Summary of Meditation Instructions
- IV. Doing the Work of Insight
 - 17. Three Doorways to Insight
 - 18. A New Way of Seeing
- V. Experiencing the Formless Dimensions
 - 19. Without Boundaries: Exploring the Infinite
 - 20. Realizing Emptiness

- EPILOGUE: Fearless and Awake
- NOTES
- BIBLIOGRAPHY
- ABOUT THE AUTHOR
- INDEX