

FROM WISDOM PUBLICATIONS

FOCUSED *and* FEARLESS

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

by Shaila Catherine



AUTHOR EVENTS

Thursday, May 22, 2008, 7:00–9:00 PM

SITTING & DHARMA TALK

Seattle Insight Meditation Society
Eastside Sitting Group
7510 117th Ave. NE
Kirkland, WA 98033
Phone: (425) 822-3998

"Shaila Catherine represents a new generation of Dharma practitioner in the West, ... Her commitment to intensive practice has been matched by her dedication to study, and her exploration of the practice of concentration and jhanas reflects both these strengths."

—Sharon Salzberg, author of *Loving Kindness and Faith*

Friday, May 23, 2008, 7:30 – 9:00 PM

HAPPINESS AND THE FOCUSED MIND

Cost: \$10

East/West Books
6500 Roosevelt Way NE
Seattle, WA 98115
Phone: (206) 523-3726

"Written lucidly by one of the most experienced meditators in the West, ... This book is for the practitioner. It's the best book on these practices I have seen. It's five-star."

—Christopher Titmuss, author of *Light on Enlightenment*

Saturday, May 24, 2008, 9:30 AM–4:30 PM

AWAKENING WITH INSIGHT RETREAT

Cost: \$30 plus Dana to Teacher

(no one will be turned away for lack of funds)

Phinney Ridge Lutheran Church
7500 Greenwood Avenue North
Seattle, Washington 98103
Info: maryroy@drizzle.com
Phone: (206) 941-3461

Focused and Fearless speaks to ordinary meditators who wish to attain non-ordinary states with ease. It offers a creative and contemporary slant to this ancient path of happiness and wisdom. Blended with contemporary examples, pragmatic exercises, and "how to" instructions that anyone can try, this book provides a wealth of tools to cultivate non-distracted attention in daily life and retreat.

Focused and Fearless presents an accessible, friendly, and wise approach to establishing ecstatic meditative states that lead to liberating insight. This is more than a book about concentration. It offers a complete path for awakening that is firmly based on the power of a unified mind.

Sunday, May 25, 2008, 5:30 PM

HAPPINESS AND THE FOCUSED MIND

Third Place Books
17171 Bothell Way NE
Lake Forest Park, WA 98155
Phone: (206) 366-3316

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
by Shaila Catherine

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www.wisdompubs.org

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