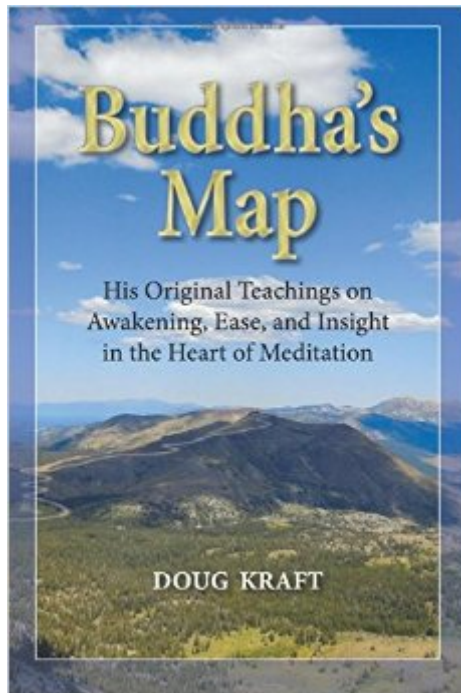


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# Buddha's Map: His Original Teachings On Awakening, Ease, And Insight In The Heart



## Synopsis

A sweet, wise, and spacious aliveness imbues every moment. It's so clear, quiet, and unchanging that it draws no attention. We can go an entire lifetime without noticing it. Yet, it is there. The Buddha called it "Awakening" or the "End of Suffering." He didn't talk about it but rather taught a way to cultivate the direct experience of it. This experience is what counts. Many contemporary schools of Buddhism have drifted away from the Buddha's original teachings over the centuries. Now, we can still find His elegant, nuanced, and efficient path. Buddha's Map is the tale of Doug Kraft's journey down this awakening path, his experience of spaces within himself he never thought possible. Easy to read yet an elegant combination of autobiography and instruction, Buddha's Map offers rare and intimate insight to the meditative states Buddhist monks are not allowed to discuss. With clear and direct advice, Kraft shares his belief in everyone's capacity to experience the ultimate in the original Buddhist meditation practice.

Endorsements

- A clear and wise description of meditation practice which will be helpful to many, especially to those who have dedicated themselves to a deep exploration of the Buddha's path.
- Jack Kornfield was pleased to find the Buddha's original teachings in the pages of this book. Doug Kraft narrates his personal encounter with these practices and the transformative effects they had on him. Experienced meditators will find ways to help their practices soar. New meditators will find clear instructions and ways to use their life experiences to deepen their spirituality.
- Bhante Vimalaramsi, Abbot of Dhamma Sukha Meditation Center Buddha's Map is filled with psychological and spiritual insights from one who has traveled far. It is an easy read, guiding the way through the mysteries of the Buddha's teachings about meditation, wisdom, and well-being.
- John Travis, Senior Dharma teacher at Spirit Rock Meditation Center Doug Kraft is one the most insightful Buddhist practitioners I have encountered. He brings Buddha's practical teachings and techniques of meditation to life with his vivid and accessible writing. Beginners and advanced students alike will find this volume a valuable companion on the Buddha way.
- Rev. Wayne Arnason, co-author Buddhist Voices in Unitarian Universalism Doug Kraft's book, Buddha's Map, has been a meditative life-saver for me. As a long-time meditator, I have never found such clear, authentic, intimate explanation of the meditative process and the various meditative states. Kraft's personal experiences also created a significant encouragement for me. This book provides the direct path experience of the spacious but quiet, alive, unchanging awareness that we all seek.
- Patt Lind-Kyle, M.A., author of Heal Your Mind, Rewire Your Brain

## Book Information

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## Customer Reviews

I very much enjoyed this book. It's an excellent commentary on the links of dependent origination as taught by the Buddha in the original suttas as well as a practical snapshot of what to expect as your meditation progresses through the jhanas. As a student of jhana master, Bhante Vimalaramsi, the author promotes a style of meditation called Tranquil Wisdom Insight Meditation. It's basically a Vipassana meditation with a "Relax" step included and it truly is immediately effective if practiced as instructed. And it's FUN! :) Too often, the teachings of the Buddha are shrouded in mystery by modern meditation instructors due to their adherence to commentaries on the Buddha's teachings rather than by study of the original suttas themselves. This book will point out some of the simple adjustments one can make in their meditation so that their practice adheres to the methods actually taught by the Buddha. This isn't a fluffy feel-good book reviewing what we should do to be nice people. It is commentary on a step-by-step instruction for meditation and progression through the jhanas as taught by the Buddha. If you're serious about progressing in your practice then set aside much of what you know about meditation thus far and try this method. Approach it with a light mind and a smile and you'll be amazed at what there is to discover.

This is perfect for the experienced or the novice meditation student. It is well researched, straightforward with both classical and contemporary references. By describing his own journey Doug Kraft helps us ease awake. It is a delightful read, very human and very wise.

This is a phenomenal book. It unlocked several pieces of puzzles which were a mystery for me. It seems like, there are three reasons which make this book unique. First, it has its basis on the teachings of the Buddha as explained by Bhante Vimalramsi. Second, Doug has very openly shared his experiences of learning meditation and used these narrations very effectively to clarify topics (e.g. anatta) which would otherwise be very difficult to understand for most of us. Third, Doug's background as a psychotherapist seems to have been very useful in explaining Buddha's teachings in a way which is easy to understand and easy to relate to. I felt so light after reading the explanation on how "private and enduring" experiences stick to our sense of self, I started singing with joy :) Every few pages, I came across nuggets of wisdom which cut through the foggy and misunderstanding. In my opinion, it's best to read this book in sequence though. I used this book along side the practice of the technique taught by Bhante Vimalramsi. I think that combination makes the understanding of Buddha's teachings much more effective and easy to follow.

Great description for the lay person about how to begin meditation, why to continue to delve in further with it, and very motivating. He is great at using metaphors to explain complicated concepts in a way I could immediately grasp. Deep, enjoyable and interesting read.

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