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The Explicit Buddha: The Depths Of The Teaching For Awakening

The
Explicit
Buddha

The Depths of the Teachings
for Awakening

Christopher Titmuss

Synopsis

Christopher Titmuss is a former Buddhist monk in Thailand and India, who offers retreats, pilgrimages and programmes worldwide for insight and awakening. Poet and social critic, he is the author of numerous books including The Buddha of Love, The Mindfulness Manual and Poems from the Edge of Time. He lives in Totnes, Devon, England. Christopher Titmuss offers an in-depth explanation of the BuddhaÃ¢ ¬â„¢s teachings suitable for those inquiring into life. The book consists of a collection of inter-related chapters addressing ethics, mindfulness/meditation and wisdom. He examines insight meditation (Vipassana), impermanence, suffering, non-self, spiritual friendship, karma, the realms of existence and the fake Buddha. Chapters also explain deep absorption (jhanas) meditations, causality and liberation.The closing chapter clarifies the significance of complete awakening and its relevance for daily life.

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