

BEYOND  
MINDFULNESS  
IN PLAIN ENGLISH

AN INTRODUCTORY GUIDE  
TO DEEPER STATES OF  
MEDITATION

*Bhante Gunaratana*  
Author of *Mindfulness in Plain English*

"A straightforward and pragmatic guide—a joy to read and a great gift to us all."

—JOSEPH GOLDSTEIN, AUTHOR OF *MINDFULNESS*

# Beyond Mindfulness In Plain English

**Ying Liu**



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