

# Wisdom Wide And Deep: A Practical Handbook For Mastering Jhana And Vipassana By Shaila Catherine

**By Shaila Catherine**

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<http://www.tower.com/wisdom-wide-deep-practical-handbook-for-mastering-jhana-shaila-catherine-paperback/wapi/117463663>

### **Amazon.com: Wisdom Wide and Deep: A Practical -**

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### **Shaila Catherine, Pa-Auk Sayadaw -**

Shaila Catherine, Pa-Auk Sayadaw Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana Language: English Category: Theravada

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Shaila Catherine's Dharma Talks and authored Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana (Wisdom Publications,

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### **Bodhi Courses | Shaila Catherine | Online Courses -**

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### **Shaila Catherine | Wisdom Publications Inc | -**

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### **Shaila Catherine's Dharma Talks at Insight -**

Shaila Catherine is the founder of Bodhi Courses and authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana* (Wisdom Publications, <http://imsb.dharmaseed.org/teacher/163/>)

### **Wisdom Wide and Deep - Shaila Catherine, Pa-Auk - -**

2011. Pris 317 kr. K p Wisdom Wide and Deep Wisdom Wide and Deep A Practical Handbook for Mastering Jhana and Vipassana. Shaila Catherine  
<http://www.bokus.com/bok/9780861718528/wisdom-wide-and-deep/>

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Meditation teacher Shaila Catherine speaks with us about jhana Deep Joy, Calm, and Clarity, and *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana*  
<http://secularbuddhism.org/2012/11/03/episode-141-shaila-catherine-focused-and-fearless-with-the-jhanas/>

### **Teachers - Spirit Rock - An Insight Meditation -**

and authored *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana* (Wisdom Publications, Upcoming events with Shaila Catherine.  
<http://www.spiritrock.org/InstructorDetails?calendarinstructorid=59965>

### **Wisdom Wide And Deep imperfect - Reduced Price, A -**

*Wisdom Wide And Deep* by Catherine, Shaila With A Foreword By Burmese Buddhist Master Pa Auk Sayadaw at *A Practical Handbook for Mastering Jhana and Vipassana*.  
<http://www.wisdom-books.com/ProductDetail.asp?PID=27186>

### **Wisdom Wide and Deep Quotes by Shaila Catherine -**

1 quote from *Wisdom Wide and Deep: A Practical Handbook for Mastering Jhana and Vipassana*: Every day, whatever you do, you trade a day of your life for  
<http://www.goodreads.com/work/quotes/17144180-wisdom-wide-and-deep-a-practical-handbook-for-mastering-jhana-and-vipas>

### **Wisdom Wide And Deep, A Practical Handbook For -**

*Wisdom Wide And Deep* by Catherine, Shaila With A Foreword *Deep A Practical Handbook for Mastering Jhana and approach to the path of jhana and vipassana.*"  
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### **New Book: " Wisdom Wide and Deep" - Dhamma Wheel -**

Theravada Meditation "Shaila Catherine is publishing a new book in 2011 Nov, it looks  
like a follow up to " "I enjoyed her first book. Definitely looking  
<http://www.dhammadownload.com/viewtopic.php?t=9790>

### **Words of Wisdom: Anchor Deep and Stretch Wide - -**

Words of Wisdom: Anchor Deep and Stretch Wide Rejoice, barren one, who did not  
give birth; burst into song and shout, you who have not been in labor!  
<http://www.coachbrown.org/words-wisdom-anchor-deep-stretch-wide/>

### **Dharma Seed - Shaila Catherine's Dharma Talks at -**

Shaila Catherine's Dharma Talks at Spirit Rock and authored Wisdom Wide and Deep:  
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### **Shaila Catherine - -**

A Meditator's Guide to States of Deep Joy, Calm, and Clarity. Shaila Catherine has  
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<http://tovana.org/il/en/about/our-teachers/340-shaila-catherine>

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and Deep: A Practical Handbook for Mastering Jhana and Vipassana  
<http://authors.simonandschuster.com/Shaila-Catherine/451425183>

### **Wisdom wide and deep : a practical handbook for -**

Wisdom wide and deep : a practical handbook for mastering jh na through a practical  
experience of jhana or deep Catherine, Shaila. Wisdom wide and deep.  
<http://www.worldcat.org/title/wisdom-wide-and-deep-a-practical-handbook-for-mastering-jhana-and-vipassana/oclc/787845806>

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