

Right Concentration: A Practical Guide To The Jhanas By Leigh Brasington

By Leigh Brasington

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Leigh Brasington is an Ajahn Brahm like he is extremely talented as a teacher in addition to having a command of the jhanas Right Concentration A Practical Guide

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Leigh Brasington. The Jhanas Leigh Brasington teaches a meditation day at King Alfred Right Concentration: A Practical Guide to the Jhanas - will be

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LEIGH BRASINGTON has been He is the author of the forthcoming book *Right Concentration: A Practical Guide to the Jhanas*. Find more about Leigh's

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Though I don't always agree with the philosophical positions Leigh Brasington about the Jhanas, then Leigh Brasington is the very practical,

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