



Right Concentration: A Practical Guide to the Jhanas

By Leigh Brasington

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The Buddhist jhanas—successive states of deep focus or meditative absorption--demystified. A very practical guidebook for meditators for navigating their way through these states of bliss and concentration.

One of the elements of the Eightfold Path the Buddha taught is Right Concentration: the one-pointedness of mind that, together with ethics, livelihood, meditation, and so forth, leads to the ultimate freedom from suffering. The Jhanas are the method the Buddha himself taught for achieving Right Concentration. They are a series of eight successive states, beginning with bliss and moving on toward radically nonconceptual states. The fact that they can usually be achieved only during prolonged meditation retreat tends to keep them shrouded in mystery. Leigh Brasington is here to unshroud them. He takes away the mystique and gives instructions for them in plain, accessible language, noting the various pitfalls to avoid along the way, and then providing a wealth of material on the theory of jhana practice--all geared toward the practitioner rather than the scholar.

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Editorial Review

Review

"For those interested in exploring jhana, Leigh brings many years of skillful teaching to this accessible, clear, and helpful guide."—Jack Kornfield, author of *A Path with Heart*

"Leigh Brasington presents a clear map of jhana practice as he learned it from his teacher, Ayya Khema. As with many aspects of the Buddha's teachings, different traditions and lineages have different views on what constitutes these deeper states of concentration. Leigh offers many examples from his own experience and from his reading of the Buddhist texts in providing a valuable guide to this particular way of understanding and practicing them."—Joseph Goldstein, author of *Mindfulness: A Practical Guide to Awakening*

About the Author

LEIGH BRASINGTON is a teacher of Insight Meditation who was the senior American student of the late Ven. Ayya Khema, who authorized him to teach the jhanas. He has taught them, along with other insight practices, at well over one hundred residential retreats throughout the United States and Europe.

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