

***The Art Of Disappearing Buddhas Path To Lasting Joy Ajahn
Brahm***

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The Buddha actually said that attachment to deep meditation can lead only to the stages of enlightenment (DN29). you don't have to be concerned or worried about the addiction to letting go. This is the pleasure, joy, and path of monastics.

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In The Art of Disappearing, Ajahn Brahm helps us learn to abandon the headwind of false expectations and follow instead the Buddha's path of understanding. Releasing our attachment to past and future, to self and other, we can directly experience the natural state of serenity underlying all our thoughts and discover the bliss of the present moment.

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