



# Food for the Heart: The Collected Teachings of Ajahn Chah

*Ajahn Chah*

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## **Food for the Heart: The Collected Teachings of Ajahn Chah** Ajahn Chah

Renowned for the beauty and simplicity of his teachings, Ajahn Chah was Thailand's best-known meditation teacher. His charisma and wisdom influenced many American and European seekers, and helped shape the American Vipassana community.

This collection brings together for the first time Ajahn Chah's most powerful teachings, including those on meditation, liberation from suffering, calming the mind, enlightenment and the "living dhamma". Most of these talks have previously only been available in limited, private editions and the publication of *Food for the Heart*, therefore, represents a momentous occasion: the hugely increased accessibility of his words and wisdom.

Western teachers such as Ram Dass and Jack Kornfield have extolled Chah's teachings for years, and now listeners can experience them directly in this book.

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Food for the Heart: The Collected Teachings of Ajahn Chah can be one of your starter books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to set every word into joy arrangement in writing Food for the Heart: The Collected Teachings of Ajahn Chah however doesn't forget the main level, giving the reader the hottest as well as based confirm resource data that maybe you can be among it. This great information may drawn you into fresh stage of crucial considering.

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