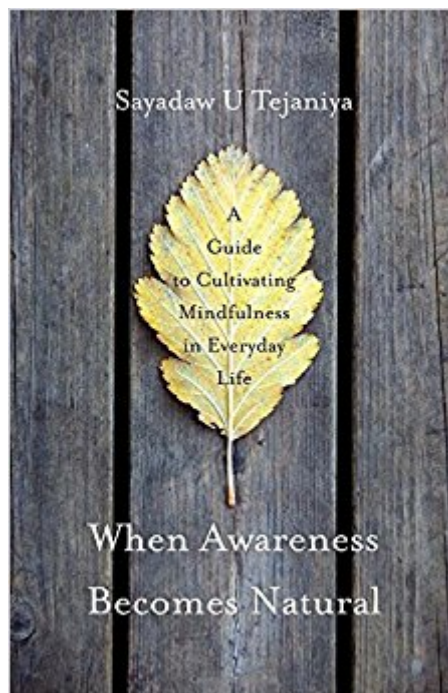




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# When Awareness Becomes Natural: A Guide To Cultivating Mindfulness In Everyday Life



## Synopsis

Finding awareness in any kind of ordinary daily activity--the first book from a Southeast Asian Buddhist monk-teacher who is becoming prominent worldwide, particularly in the Insight Meditation community. The flame of wisdom can be kindled in the midst of any life, even one that might seem too full of personal and professional commitments to allow for it. Such is the teaching of Sayadaw U Tejaniya, who himself learned to cultivate awareness in the raucous years he spent in the Burmese textile business before taking his final monastic ordination at the age of thirty-six. Train yourself to be aware of the clinging and aversion that arise in any situation, he teaches. If you can learn to do that, calm and deep insight will naturally follow. It's a method that works as well for sorting the laundry or doing data entry as it does in formal sitting meditation. "The object of attention is not really important," he teaches, "the observing mind that is working in the background to be aware is of real importance. If the observing is done with the right attitude, any object is the right object."

## Book Information

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## Customer Reviews

"Sayadaw U Tejaniya's, *When Awareness Becomes Natural*, points the way to a natural awareness that reveals with vivid clarity all the workings of the mind. This is the work of an eminently skilled meditation master, who uses many examples from his own life and practice to help us understand and free our minds. There is both simplicity of expression and subtlety of understanding in Sayadaw's teachings, and they will be of great help to both beginning and

experienced meditators. "Highly recommended for all Dharma practitioners." - Joseph Goldstein, author of *Mindfulness: A Practical Guide to Awakening* "A wonderfully fresh and lively contribution, rooted in classical Theravadin tradition and at the same time of practical and contemporary relevance, illustrated by intimate, vivid personal examples of how dharma practice can help us all learn how to live with more wisdom and kindness." - Larry Rosenberg, author of *Breath by Breath: The Liberating Practice of Insight Meditation*

SAYADAW U TEJANIYA is a Burmese monk in the lineage of Mahasi Sayadaw who teaches meditation at Shwe Oo Min Dhamma Sukha Forest Meditation Center in Yangon (Rangoon), Myanmar. He's unique among the more high-profile monastic teachers of his tradition in that, though he began practice under his teacher at age thirteen, he didn't enter monastic life till he was nearly forty--after an active career in his family's textile business. His teaching emphasizes the application of awareness to every aspect of life, de-emphasizing the centrality of practice forms--even as he teaches them rigorously--and his style is relaxed, funny, and informed by his intimate knowledge of the workaday world. He has taught in Australia, China, Great Britain, the Czech Republic, Indonesia, Israel, New Zealand, Poland, Singapore, Switzerland, and the United States.

this is the book I wish I could have read before doing insight meditation retreats. It clears up on how to deal with much of the problems that a person will encounter in practicing insight meditation and in a way that is easily understandable.

I was struggling with my grip on Buddhism after several years of practice then a friend introduced this book to me. Wow! What a game changer! I also bought the audio. I read the book but keep giving it away when I got another copy. Now I just listen to the audio. The book made it so clear to me what the point of the mindfulness/insight meditation practice is, and how to do it. He presents the practice and development of it with such clarity and simplicity. I connect with the author and the life experience he relates. He's a person that has been through the ringer and knows the bottom! Vipassana used to just be another Buddhist term, now it is what I am doing all day long! This book was the hook I needed. This is my main practice now. This book will help people with families and other busy people get a grip on their practice and start seeing results as they gain insights and wisdom doing the simple practice. It can be practiced at anytime. Awareness of the six sense door and the objects there is constantly on my mind now. When taking walks, driving, doing the dishes, etc. And his presentation of "no-self" as nature was a major breakthrough for me. They book

enabled me to "get it" in a way I had been missing for so long. I can summarize the book as 1) relax, 2) watch the mind (with simple, light, noting attention of what is at the six sense doors), 3) let the meditation object come to you, 4) observe and let be, 5) watch what arises. Then, wisdom happens naturally. This book was the key for me with continuing with Buddhism. I hope it is for you too! This book also led to me getting Manual Of Insight by Mahasi Sayadaw. Wow. This book is incredible too and goes into more depth. The two of these books together are all you need to have an incredible insight meditation practice. And of course - you need to practice a ton!

This is one of the most compassionate Dhamma books I have found. Sayadaw gives essential basic teachings AND elaborates in detail how he dealt with defilements (drugs, partying, anger, depression) for many years as an unhappy child, rebellious teenager and disappointed young adult. Coming from a Buddhist family, he was connected to a monastery and was sent there to chill out, just as kids in the West might be sent to alternative schools. As he shares his personal struggles and development of the Path, the perception of my own sharp-edged defilements softened by hearing how even accomplished Teachers fought hard, bounced back and forth, and eventually conquered. This highly personal account shows with clarity how the Dhamma and Wisdom are continually developing as defilements fight to remain dominant. Very inspiring for anyone who is struggling to start a consistent practice or to continue an already established practice.

After reading Waking Up and really enjoying Sam's take on Consciousness and everything that is experienced via that consciousness, I discovered this book. It does come from a Buddhist perspective, but is utmost practical and a master class in mindfulness. Tejaniya describes all that we experience including the world of thought as 'nature' and awareness is the 'mind'. We get into trouble when we confuse ourselves with this nature. (which very much parallels Sam's idea of Consciousness and how we wrongly identify ourselves as the thoughts in our head). The other piece Tejaniya gets into is our attitude. Are we relating to what we experience through the lens of greed, aversion or confusion? If so that can be a big source of mental suffering. Lastly, this book is great because Tejaniya speaks of his troubled background struggling with drugs and depression and the wisdom he brings from those experiences makes it very relatable to the average person in the throws of their own life, who want to find some practical tools towards mental wellbeing.

I love this book. I've studied meditation through short daily readings for 30 years now and I think this is my favorite read. I find Theravadan teachings unique in the Buddhist world because they

communicate the basic teaching of suffering, impermanence, and not self over and over again so, when those factors come up in meditation, as they will, it isn't an obstacle or a big surprise. They are expected. SUT does this and he also explains the importance of the eightfold path. I have meditated for decades now and I am using this as a text. None of us needs a lot of instruction but we need a lot of encouragement and he provides a bunch.

It may shock people to hear a great teacher admit to having been a teenage drug addict. Or it may inspire people to hear the journey he took and why he had to learn how to meditate off the cushion. Can we learn to welcome the clangor of the marketplace when trying to settle our minds or find insight?

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