

The Wise Heart Jack Kornfield

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Jack Kornfield Wikipedia

Jack Kornfield born 1945 is a bestselling American author and teacher in the vipassana movement in American Theravada Buddhism He trained as a Buddhist monk in Thailand Burma and India first as a student of the Thai forest master Ajahn Chah and Mahasi Sayadaw of Burma He has taught meditation worldwide since 1974 and is one of the key teachers to introduce Buddhist Mindfulness practice

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Thai Forest Tradition Wikipedia

The Kammaá¹-á¹-hÄ•na Forest Tradition of Thailand Pali kammaá¹-á¹-hÄ•na kÉ™mĚ•É™Ě^Ě•Ě°aĚ•na meaning place of work commonly known in the West as the Thai Forest Tradition is a lineage of Theravada Buddhist monasticism The Thai Forest Tradition started around circa 1900 with Ajahn Mun Bhuridatto who wanted to practice Buddhist monasticism and its meditative practices according to

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